

# June Journaling & Creativity

DAY 12 OF 30

Ordinary & Happy  
O & H

MORNING

Describe your ideal day.

POSITIVE  
THOUGHT

When I sit in the sunshine  
and close my eyes, I...

ONE  
WORD

Festival.

GRATITUDE

The best gift you've ever received.

BUILD  
CONFIDENCE

One unique talent or skill you have.

OVERCOME  
PERFECTIONISM

Identify where trying to be perfect is in opposition to those values.

SELF-CARE

Ways you can be kinder to yourself.

EVENING

The most relaxing day you've had and why.

DOODLE

Bonfire.

WATER-  
COLOR

Binoculars.