

June Journaling & Creativity

DAY 14 OF 30

Ordinary & Happy
O & H

MORNING

Something you can do to make today amazing.

POSITIVE
THOUGHT

I'm proud of where I'm
from because...

ONE WORD

Hammock.

GRATITUDE

A goal you reached that once felt impossible.

BUILD
CONFIDENCE

Times you've felt more confident than usual and why.

OVERCOME
PERFECTIONISM

Times you couldn't plan and had to figure it out.

SELF-CARE

Things that inspire you to keep going.

EVENING

Describe the best day you had this year.

DOODLE

Sunhat.

WATER-
COLOR

Scuba mask.