

June Journaling & Creativity

DAY 15 OF 30

Ordinary & Happy
O & H

MORNING

Skills you want to work on this week.

POSITIVE
THOUGHT

A summer activity I'm
looking forward to is...

ONE WORD

Midnight.

GRATITUDE

Someone who believed in you before you did.

BUILD
CONFIDENCE

Conversation starters you can use to connect with people.

OVERCOME
PERFECTIONISM

Tasks you do yourself because you fear others won't meet
your standards.

SELF-CARE

Ways to recharge this week.

EVENING

Ways you could be kinder to yourself.

DOODLE

Sun loungers.

WATER-
COLOR

Flip flops on a beach.