

June Journaling & Creativity Ideas

DAY 16 OF 30

Ordinary & Happy
O & H

MORNING

Top three things you're grateful for.

POSITIVE
THOUGHT

When I think of the sweetest
summer fruits, I picture...

ONE WORD

Boardwalk.

GRATITUDE

Talents you've been complimented on.

BUILD
CONFIDENCE

Songs that make you feel confident.

OVERCOME
PERFECTIONISM

List the downsides of doing all those tasks yourself.

SELF-CARE

A reminder you need to hear today.

EVENING

Things that are going well in your life right now.

DOODLE

Beach ball.

WATER-
COLOR

Mountains in the distance.