

June Journaling & Creativity

DAY 17 OF 30

Ordinary & Happy
O & H



MORNING

Positive things to focus on today.

POSITIVE
THOUGHT

When I look out of the window, I'm drawn to...

ONE WORD

Breeze.

GRATITUDE

The most thoughtful thing someone's done for you.

BUILD
CONFIDENCE

Things you'd say to someone you admired.

OVERCOME
PERFECTIONISM

Tasks you'd be willing to try and delegate.

SELF-CARE

Activities that make you feel happy.

EVENING

A conversation that made you smile.

DOODLE

Cruise ship.

WATER-
COLOR

Compass and map.