

June Journaling & Creativity

DAY 18 OF 30

Ordinary & Happy
O & H

MORNING

Tasks you've been putting off and how to get them done.

POSITIVE
THOUGHT

Something that's always
better outdoors is...

ONE WORD

Camping.

GRATITUDE

A chance you got that not everyone gets.

BUILD
CONFIDENCE

List positive 'I am...' statements & describe times you were.

OVERCOME
PERFECTIONISM

Things you could do with the time saved by delegating.

SELF-CARE

One way to treat yourself this weekend.

EVENING

A place that feels peaceful to you and why.

DOODLE

Beach bag.

WATER-
COLOR

Colorful beach umbrellas.