

June Journaling & Creativity

DAY 19 OF 30

Ordinary & Happy
O & H

MORNING

Something that would energize you today.

POSITIVE
THOUGHT

My neighborhood is great
because...

ONE WORD

Tide.

GRATITUDE

A thing you own that you've wanted for a long time.

BUILD
CONFIDENCE

Times you asked for what you wanted.

OVERCOME
PERFECTIONISM

People you don't feel you have to be perfect around.

SELF-CARE

Your favorite place in the world and why.

EVENING

A time you were glad you listened to your intuition.

DOODLE

Lemonade jar.

WATER-
COLOR

Sailboat.