

June Journaling & Creativity

DAY 21 OF 30

Ordinary & Happy
O & H

MORNING

Something you're proud of.

POSITIVE
THOUGHT

As the sun sets, I'll make
a promise to myself to...

ONE WORD

Lake.

GRATITUDE

Something you've overcome that once felt impossible to
overcome.

BUILD
CONFIDENCE

List what holds you back from your dreams.

OVERCOME
PERFECTIONISM

Whether failing or never trying is scarier to you and why.

SELF-CARE

People you want to connect with more.

EVENING

Reasons you're proud of the person you're becoming.

DOODLE

Butterfly.

WATER-
COLOR

Guitar on a blanket.