

June Journaling & Creativity

DAY 22 OF 30

Ordinary & Happy
O & H

MORNING

Things you're looking forward to this week.

POSITIVE
THOUGHT

When I sit and just listen,
I can hear...

ONE WORD

Wander.

GRATITUDE

A decision that changed your life in a positive way.

BUILD
CONFIDENCE

What you can do to overcome what's holding you back.

OVERCOME
PERFECTIONISM

Times something unplanned or random worked out.

SELF-CARE

Small ways to celebrate yourself.

EVENING

Dreams and goals you have that you haven't shared with anyone.

DOODLE

Instant camera.

WATER-
COLOR

Colorful summer hat.