

June Journaling & Creativity

DAY 23 OF 30

Ordinary & Happy
O & H

MORNING

Ways to make today better than yesterday.

POSITIVE
THOUGHT

When I picture lapping waves, I think of...

ONE WORD

Barbecue.

GRATITUDE

The people who were by your side during difficult times.

BUILD
CONFIDENCE

Things you find easy to talk about.

OVERCOME
PERFECTIONISM

Why being 'good enough' is better than being 'perfect'.

SELF-CARE

Ways you've shown resilience lately.

EVENING

A small win you've had recently.

DOODLE

Sunscreen bottle.

WATER-
COLOR

Fruit popsicle.