

June Journaling & Creativity

DAY 24 OF 30

Ordinary & Happy
O & H

MORNING

Things to do today to get closer to your goals.

POSITIVE
THOUGHT

The year has been great
so far because...

ONE WORD

Carefree.

GRATITUDE

Happy memories from your favorite family or friend
get-together.

BUILD
CONFIDENCE

Times of the day you feel at your best and why.

OVERCOME
PERFECTIONISM

Research a success story and list the successes and
setbacks.

SELF-CARE

Times you surprised yourself in a positive way.

EVENING

Things that make you feel at ease.

DOODLE

Dolphin.

WATER-
COLOR

Pink flamingo.