

# June Journaling & Creativity

DAY 25 OF 30

Ordinary & Happy  
O & H

MORNING

Songs that inspire you and boost your mood.

POSITIVE  
THOUGHT

A book I want to  
read is...

ONE WORD

Seashell.

GRATITUDE

Your favorite birthday or celebration.

BUILD  
CONFIDENCE

Three kind things you can say to yourself during setbacks.

OVERCOME  
PERFECTIONISM

What you'd do if you didn't compare yourself to others.

SELF-CARE

Ways to improve your work-life balance.

EVENING

The best things about getting older.

DOODLE

Flower bouquet.

WATER-  
COLOR

Lighthouse at sunset.