

# June Journaling & Creativity

DAY 26 OF 30

Ordinary & Happy  
O & H

MORNING

Ways to be more creative today.

POSITIVE  
THOUGHT

If I messaged my group chat,  
right now, I could say...

ONE WORD

Sunny.

GRATITUDE

The best decision you've ever made.

BUILD  
CONFIDENCE

List recent achievements (no matter how small).

OVERCOME  
PERFECTIONISM

Tasks you do that don't need to be perfect.

SELF-CARE

Activities that make you lose track of time.

EVENING

Family traditions you love.

DOODLE

Pineapple.

WATER-  
COLOR

Ferris wheel.