

# June Journaling & Creativity

DAY 29 OF 30

Ordinary & Happy  
O & H

MORNING

Things you want to let go of.

POSITIVE  
THOUGHT

This month,  
I'm proud of...

ONE WORD

Meadow.

GRATITUDE

Things that seem bright about your future.

BUILD  
CONFIDENCE

Times this past month you showed more confidence.

OVERCOME  
PERFECTIONISM

What you'd say to a friend who is always trying to be perfect.

SELF-CARE

Ways you've become a better person.

EVENING

A moment this month you'd want to remember forever.

DOODLE

Dragonflies.

WATER-  
COLOR

Hammock between trees.