

June Journaling & Creativity

DAY 7 OF 30

Ordinary & Happy
O & H

MORNING

Things to do today to recharge.

POSITIVE
THOUGHT

I'll tell the people I love
with all my heart that...

ONE
WORD

Swimming.

GRATITUDE

A past decision you're thankful for.

BUILD
CONFIDENCE

What you'd say to a friend who is low on confidence.

OVERCOME
PERFECTIONISM

Things your inner critic says and list positive responses to it.

SELF-CARE

What you need more of in your life now.

EVENING

Something that made you smile or laugh today.

DOODLE

Picnic basket.

WATER-
COLOR

Packed suitcase.