

# June Journaling & Creativity

DAY 8 OF 30

Ordinary & Happy  
O & H

MORNING

Top goals for this week.

POSITIVE  
THOUGHT

A place that makes me  
happy in the sunshine is...

ONE  
WORD

Adventure.

GRATITUDE

Something beautiful you've seen this year.

BUILD  
CONFIDENCE

Reframe something negative you've said to yourself into a  
positive.

OVERCOME  
PERFECTIONISM

What you could do with the time saved not trying to be  
perfect.

SELF-CARE

The thing you love most about yourself.

EVENING

A mistake you're ultimately glad you made.

DOODLE

Road sign.

WATER-  
COLOR

Hiking boots.