

July 3rd Journaling & Creativity

Ordinary & Happy
O & H

MORNING

A memory that feels like sunshine.

**POSITIVE
THOUGHT**

I feel confident when...

**ONE
WORD**

Celebration.

GRATITUDE

A past experience that you cherish.

**ABOUT THE
FUTURE**

Limiting beliefs to let go of.

MEMORIES

Most memorable gathering with friends or family.

SUCCESS

Describe what success looks like in your personal life.

SELF-CARE

On hot days, shaded places you can go to unwind.

EVENING

People you want to catch up with this month.

DOODLE

Bean plants on a trellis.

**WATER -
COLOR**

Something that symbolizes
freedom to you.