

# July 5th Journaling & Creativity

Ordinary & Happy  
O & H

**MORNING**

If you could live anywhere for a year, where it would be.

**POSITIVE  
THOUGHT**

Today, I'm grateful for...

**ONE  
WORD**

Surprise.

**GRATITUDE**

A meaningful conversation you've had recently.

**ABOUT THE  
FUTURE**

Skills or routines you could practice daily for ten minutes.

**MEMORIES**

Your earliest childhood memory.

**SUCCESS**

Things you're grateful for so far.

**SELF-CARE**

Your favorite animal and why.

**EVENING**

One fun thing to try tomorrow.

**DOODLE**

Garden gnome.

**WATER-  
COLOR**

Beach hut.