

July 10th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

An obstacle you faced recently but overcame.

**POSITIVE
THOUGHT**

Something beautiful I noticed today was...

**ONE
WORD**

Excitement.

GRATITUDE

Something you love about yourself.

**ABOUT THE
FUTURE**

Places you could see yourself living in the future.

MEMORIES

A spontaneous adventure you had.

SUCCESS

Where you would live if you were very successful.

SELF-CARE

Describe the simple pleasure of picking something with your hands, like fruit.

EVENING

The most important three people in your life.

DOODLE

Teddy bear having a picnic.

**WATER-
COLOR**

Wildflowers.