

# July 12th Journaling & Creativity

Ordinary & Happy  
O & H

**MORNING**

A question you'd love to ask the universe.

**POSITIVE  
THOUGHT**

I am worthy of...

**ONE  
WORD**

Connection.

**GRATITUDE**

A memory from your 20s that makes you smile.

**ABOUT THE  
FUTURE**

Steps you can take today toward a big goal or dream.

**MEMORIES**

A moment when everything felt just right.

**SUCCESS**

Thoughts that are holding you back.

**SELF-CARE**

If you close your eyes and listen to running water, where it takes you.

**EVENING**

Three most important goals or dreams you have for the future.

**DOODLE**

Egg chair.

**WATER -  
COLOR**

Something that makes you smile.