

July 13th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

A list of 5 random 'what if' dreams & thoughts.

POSITIVE THOUGHT

I am loved by...

ONE WORD

Calm.

GRATITUDE

A moment you showed courage.

ABOUT THE FUTURE

Things to let go of because you can't predict the future.

MEMORIES

The first family vacation you remember.

SUCCESS

Things in your environment that are holding you back.

SELF-CARE

Indoor activities you could do outside on the patio.

EVENING

What your 'happy place' looks like.

DOODLE

Bee pollinating a flower.

WATER - COLOR

Blueberries.