

July 14th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Something you want to leave behind.

**POSITIVE
THOUGHT**

A kind thing I did
recently was...

**ONE
WORD**

Wonder.

GRATITUDE

Something that always cheers you up.

**ABOUT THE
FUTURE**

Whether you can keep learning and progressing in your
current job or role.

MEMORIES

The most memorable road trip you took.

SUCCESS

Any other things that are holding you back.

SELF-CARE

Outdoor or shaded areas you could go to read.

EVENING

Things you loved doing that you stopped doing and why.

DOODLE

Two trees intertwining.

**WATER -
COLOR**

Corn.