

July 15th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Things your best friend would say about you and why.

**POSITIVE
THOUGHT**

I bring joy to family and friends by...

**ONE
WORD**

Curiosity.

GRATITUDE

A time you stood up for someone else.

**ABOUT THE
FUTURE**

Goals you want to achieve in the next five years in your current role.

MEMORIES

Favorite songs from your early 20s.

SUCCESS

Easy things you could change to become more successful.

SELF-CARE

Whether a great summer for you is about doing less or going to more places.

EVENING

Something that was on your mind today and why.

DOODLE

Hot dogs in buns with different sauces.

**WATER -
COLOR**

Hot air balloon.