

July 16th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Funniest thing that's happened recently.

**POSITIVE
THOUGHT**

A challenge I handled
well this year was...

**ONE
WORD**

Joy.

GRATITUDE

A beautiful moment in nature you've experienced recently.

**ABOUT THE
FUTURE**

Whether you want to prioritize security or new challenges in
the next five years.

MEMORIES

The first live concert or performance you saw.

SUCCESS

Obstacles in your path that would be more difficult to
overcome.

SELF-CARE

What a 'summer well lived' would look like to you.

EVENING

A small win you're proud of today.

DOODLE

Row of flowers.

**WATER -
COLOR**

Colorful fish.