

July 17th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Compliments you wish you received more frequently and why.

POSITIVE THOUGHT

At work, I'm great at...

ONE WORD

Hope.

GRATITUDE

Something you've made that you're proud of.

ABOUT THE FUTURE

How you'd feel if you were in the same role five years from now.

MEMORIES

Favorite movies and TV shows from your early 20s.

SUCCESS

First steps to take to overcome these obstacles.

SELF-CARE

One way you can be more patient with yourself.

EVENING

A kind gesture you're proud of today.

DOODLE

Pair of shoes left by the back door.

WATER - COLOR

Glazed donut.