

July 19th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

If your life had a theme word, what it would be.

**POSITIVE
THOUGHT**

Something I've created
that I'm proud of is...

**ONE
WORD**

Confidence.

GRATITUDE

Your favorite summer memory.

**ABOUT THE
FUTURE**

Things you can do today that younger generations would
appreciate.

MEMORIES

The happiest birthday you had and why.

SUCCESS

What motivates you to keep going when things are hard.

SELF-CARE

Scenic spots in your local area you often overlook.

EVENING

Your favorite part of the day and why.

DOODLE

Cornhole set up on the
lawn.

**WATER -
COLOR**

Pizza.