

July 20th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Things you're holding onto but want to let go of.

**POSITIVE
THOUGHT**

Something I achieved
recently is...

**ONE
WORD**

Comfort.

GRATITUDE

A friend you're grateful for.

**ABOUT THE
FUTURE**

Things you want to be better prepared for.

MEMORIES

The best surprise you've ever received.

SUCCESS

Activities to do that inspire you.

SELF-CARE

Somewhere outside close by that's peaceful and quiet.

EVENING

If you could do anything tomorrow, what you would do.

DOODLE

A shed or standalone
structure in the backyard.

**WATER -
COLOR**

Red poppies.