

July 21st Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Write down all the positive things you think will happen this year.

**POSITIVE
THOUGHT**

What I love about my life is...

**ONE
WORD**

Belonging.

GRATITUDE

An obstacle you overcame.

**ABOUT THE
FUTURE**

Expectations you've outgrown or changed about your future.

MEMORIES

The best gift you've ever received.

SUCCESS

People to be around to inspire you.

SELF-CARE

Somewhere you can watch wildlife.

EVENING

The most important lesson you learned today.

DOODLE

Fish in a pond.

**WATER -
COLOR**

Something green.