

July 22nd Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Write down how the world has changed for the better in the next decade.

POSITIVE THOUGHT

One thing I'm hopeful about is...

ONE WORD

Fulfillment.

GRATITUDE

A neighbor you're grateful for.

ABOUT THE FUTURE

What 'freedom' looks like in the future for you.

MEMORIES

An act of kindness that meant a lot to you.

SUCCESS

Self-care ideas that reenergize you.

SELF-CARE

When you look at a starry sky, what you're accepting of.

EVENING

Something that made you smile today.

DOODLE

Interesting outdoor signage.

WATER - COLOR

Colorful cupcakes.