

July 26th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Traits you have that you love and want to display more of.

POSITIVE THOUGHT

An obstacle I've
overcome is...

ONE WORD

Openness.

GRATITUDE

Your top three possessions.

ABOUT THE FUTURE

Skills you want to learn over the next year.

MEMORIES

A time you felt really lucky.

SUCCESS

What you would do differently this year if you didn't have a
fear of failure.

SELF-CARE

Outdoor places you've visited that took your breath away.

EVENING

If you were a fly on the wall, what you'd want to hear people
say about you.

DOODLE

Wind chimes.

WATER- COLOR

Wavy lines.