

July 28th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Lessons learned this month.

**POSITIVE
THOUGHT**

A goal I'm working
toward is...

**ONE
WORD**

Balance.

GRATITUDE

An everyday activity that makes you happy.

**ABOUT THE
FUTURE**

People you want to be around in the future.

MEMORIES

What you'd tell your younger self.

SUCCESS

What kind of legacy you want to leave (in your career).

SELF-CARE

Local outdoor spaces you wouldn't want to lose.

EVENING

One way you made the world better today.

DOODLE

A backyard fountain or
water feature.

**WATER -
COLOR**

Rolling hills.