

# July 29th Journaling & Creativity

Ordinary & Happy  
O & H

**MORNING**

Successes and obstacles you've overcome this month.

**POSITIVE  
THOUGHT**

One thing I love about  
how I think is...

**ONE  
WORD**

Progress.

**GRATITUDE**

Something positive that happened this month.

**ABOUT THE  
FUTURE**

Regrets you don't want to have.

**MEMORIES**

Memories you want to make now and in the future.

**SUCCESS**

What other things are part of the legacy you want to leave.

**SELF-CARE**

Friendships or relationships that were strengthened  
outdoors.

**EVENING**

One way you could make the world better tomorrow.

**DOODLE**

Butterfly on a flower.

**WATER -  
COLOR**

Pier.