

July 30th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Goals and dreams for next month.

POSITIVE THOUGHT

I feel energized when...

ONE WORD

Generosity.

GRATITUDE

Things you're looking forward to next month.

ABOUT THE FUTURE

What you'd want to be remembered for.

MEMORIES

A memory that always makes you smile.

SUCCESS

How your image of success has changed over the past month.

SELF-CARE

What you're thankful to nature and the great outdoors for.

EVENING

Things that make you feel hopeful about the future.

DOODLE

Giant vegetable.

WATER - COLOR

Something colorful.