

July 31st Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Five songs that instantly boost your mood.

POSITIVE THOUGHT

My best quality is...

ONE WORD

Affection.

GRATITUDE

Things you're looking forward to this year.

ABOUT THE FUTURE

Realistic achievements by the end of the year.

MEMORIES

What you think your future self would tell you based on the memories you're making now.

SUCCESS

Achievements you're proud of so far.

SELF-CARE

When you sit outside, what makes you hopeful.

EVENING

If your life was a novel, what the title for this month's chapter would be.

DOODLE

A hammock.

WATER - COLOR

Cherries.