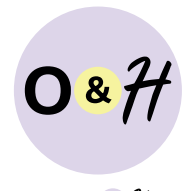
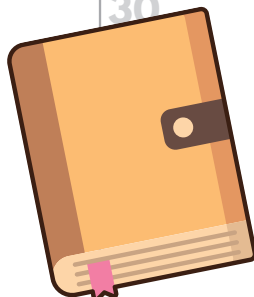


August Morning Journaling

	S	M	T	W	T	F	S
2 L A S T S	30 Things you're proud of achieving this month.	31 Things you're looking forward to in the fall.	28  Ordinary & Happy	29 	30	31  S H E A R E	1 One thing you're looking forward to today.
	2 One person you want to connect with today and how you can do so.	3 What a successful day would look like today.	4 Your top priority for today.	5 One thing you're grateful for.	6 One challenge you expect today and how to handle it.	7 Ways to make today easier.	8 Three things you want to do to make the weekend more enjoyable.
	9 One self-care activity to do today.	10 What the meaning of work-life balance is to you.	11 One small way to improve today.	12 One thing you want to learn today.	13 One way to live more fully today.	14 One creative thing to do today.	15 Something to do today that you've always wanted to do.
	16 An activity that would make feel relaxed and happy today.	17 Write down anything on your mind for 10 min.	18 Something you can do to feel more confident.	19 Lessons to learn from yesterday or this month so far.	20 One person to reach out to that you haven't spoken to in a while.	21 One nice thing you can do for someone today.	22 Three reasons why life is great.
	23 An unforgettable happy memory.	24 How you slept and how you can improve the quality of your sleep.	25 A small step you can take toward your dreams.	26 A skill you can work on today.	27 Ways to maintain a positive attitude.	28 A habit you can work on today.	29 One fun thing you want to do today.