

August 2nd Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One person you want to connect with today and how you can do so.

**POSITIVE
THOUGHT**

The happiest moment this year was when...

**ONE
WORD**

Family.

GRATITUDE

The most important person in your life.

COURAGE

If nothing was holding you back, what you would do right now.

FUTURE

What your perfect day would look like.

**SUCCESS IN
YOUR CAREER**

One small action to take today for new opportunities.

SELF-CARE

Lighter meals that require less time in the kitchen.

EVENING

Three things that made you smile today.

DOODLE

Popsicles.

**WATER -
COLOR**

Cloudy summer sky.