

August 5th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One thing you're grateful for.

**POSITIVE
THOUGHT**

I trust myself to...

**ONE
WORD**

Joy.

GRATITUDE

A time you felt at peace with where you were in life.

COURAGE

What you would do over the next decade.

FUTURE

Three things you'd want to be different in ten years.

**SUCCESS IN
YOUR CAREER**

Three things you can do to get the dream job.

SELF-CARE

Cooler spaces or areas of your home.

EVENING

Something positive that happened today.

DOODLE

Balloons.

**WATER -
COLOR**

Marshmallows roasting.