

August 6th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One challenge you expect today and how to handle it.

**POSITIVE
THOUGHT**

A positive habit I'm
working on is...

**ONE
WORD**

Success.

GRATITUDE

A song that makes you feel happy and calm.

COURAGE

Things that are holding you back from going after your
dreams.

FUTURE

Future career achievements you dream of.

**SUCCESS IN
YOUR CAREER**

Networking events you can attend.

SELF-CARE

A drive you could take in your car with the air con on.

EVENING

An act of kindness you saw or did today.

DOODLE

Clouds.

**WATER -
COLOR**

Paddleboard.