

August 16th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

An activity that would make feel relaxed and happy today.

POSITIVE THOUGHT

A goal I'm working on
is...

ONE WORD

Hope.

GRATITUDE

Something you have that holds great sentimental value.

COURAGE

Make a long 'courage' playlist.

FUTURE

Describe the person you'd want to be in 10 years.

SUCCESS IN YOUR CAREER

One way to take a break this weekend and feel recharged.

SELF-CARE

A self-care activity to do tonight, just for yourself.

EVENING

Write down ten kind and positive things for yourself tonight.

DOODLE

Flip flops.

WATER - COLOR

Tomato slice.