

August 17th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Write down anything on your mind for 10 min.

POSITIVE THOUGHT

Someone who's always
supported me is...

ONE WORD

Values.

GRATITUDE

A small habit that led to big changes.

COURAGE

Describe the job you would have if nothing was holding you
back.

FUTURE

The friends and people you have around you in 10 years.

SUCCESS IN YOUR CAREER

Describe your ideal career path over the next ten years.

SELF-CARE

A person who reminds you of past summers and why.

EVENING

One thing to let go of today to feel more at peace.

DOODLE

Sunglasses.

WATER - COLOR

Something bright orange.