

August 18th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Something you can do to feel more confident.

**POSITIVE
THOUGHT**

Something I'm excited
about is...

**ONE
WORD**

Adventure.

GRATITUDE

An unexpected compliment you've received.

COURAGE

Describe the personal life you'd have.

FUTURE

Create a timeline of life milestones in your ideal version of
the future.

**SUCCESS IN
YOUR CAREER**

Describe your morning routine and whether you want it to
change.

SELF-CARE

Fun activities you can enjoy at home for the rest of the
summer.

EVENING

Something you want to do better tomorrow.

DOODLE

Camping tent.

**WATER -
COLOR**

Pear.