

August 19th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Lessons to learn from yesterday or this month so far.

POSITIVE THOUGHT

Activities I enjoy
include...

ONE WORD

Clarity.

GRATITUDE

Three small things that bring you joy.

COURAGE

Describe what else would be different about your life.

FUTURE

Bucket list items you would have completed in 5 years.

SUCCESS IN YOUR CAREER

People you admire and what you think you can learn from them.

SELF-CARE

If you aren't going/haven't gone on vacation, a day trip you could take.

EVENING

One thing you want to focus on tomorrow.

DOODLE

Peaches.

WATER - COLOR

Colorful balloons.