

August 20th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One person to reach out to that you haven't spoken to in a while.

**POSITIVE
THOUGHT**

A skill I'm proud to have gained...

**ONE
WORD**

Focus.

GRATITUDE

A funny memory that makes you laugh to this day.

COURAGE

A letter to your inner critic.

FUTURE

Bucket list items you would have completed in 10 years.

**SUCCESS IN
YOUR CAREER**

One thing you'd do this week if you didn't have a fear of failure.

SELF-CARE

Things you enjoy doing regardless of whether it's summer or not.

EVENING

A kind thing to do for yourself tomorrow.

DOODLE

S'mores.

**WATER -
COLOR**

Skyline.