

August 21st Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One nice thing you can do for someone today.

POSITIVE THOUGHT

Something I did for
myself recently was...

ONE WORD

Creativity.

GRATITUDE

Something positive about your life that you didn't believe
would happen but did.

COURAGE

One small thing you could do this week that would require
courage.

FUTURE

Your favorite things about your future self.

SUCCESS IN YOUR CAREER

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

SELF-CARE

Who you'd want to spend time with right now, regardless of
what you're doing.

EVENING

A kind thing to do for someone else tomorrow.

DOODLE

Surfboard.

WATER - COLOR

Beach at sunset.