

August 22nd Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Three reasons why life is great.

**POSITIVE
THOUGHT**

I find joy in...

**ONE
WORD**

Motivation.

GRATITUDE

A personal dream you've fulfilled.

COURAGE

One thing you could say 'yes' to that would require courage.

FUTURE

What success looks like in the future.

**SUCCESS IN
YOUR CAREER**

One achievement you're proud of this week.

SELF-CARE

What you love about summer that costs nothing.

EVENING

Top three goals for tomorrow and how to accomplish them.

DOODLE

Starfish.

**WATER -
COLOR**

Fireflies in a jar.