

# August 24th Journaling & Creativity

Ordinary & Happy  
O & H

## MORNING

How you slept and how you can improve the quality of your sleep.

## POSITIVE THOUGHT

An accomplishment I'm proud of this year is...

## ONE WORD

Acceptance.

## GRATITUDE

A conversation that made a positive impact in your life.

## COURAGE

A conversation you need to have but needed courage for it.

## FUTURE

What family means to you in the future.

## SUCCESS IN YOUR CAREER

One thing you're good at now that you didn't use to be good at.

## SELF-CARE

Your favorite summer walk.

## EVENING

What you need to do to make tomorrow better than today.

## DOODLE

Boat.

## WATER- COLOR

Something abstract.