

August 26th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

A skill you can work on today.

**POSITIVE
THOUGHT**

I'm proud of the way I...

**ONE
WORD**

Courage.

GRATITUDE

Three things you're most grateful for today.

COURAGE

A small win you could celebrate.

FUTURE

What well-being means to you in the future.

**SUCCESS IN
YOUR CAREER**

One way to take more initiative this week.

SELF-CARE

Your favorite sounds of summer.

EVENING

One way to make tomorrow easier for you.

DOODLE

Compass.

**WATER -
COLOR**

Rose.