

August 27th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Ways to maintain a positive attitude.

**POSITIVE
THOUGHT**

I'm glad I chose to...

**ONE
WORD**

Time.

GRATITUDE

Something positive you read or saw in the news this year.

COURAGE

A thing that you need to let go of.

FUTURE

What love means to you in the future.

**SUCCESS IN
YOUR CAREER**

Whether your internal voice is positive or not.

SELF-CARE

Your favorite spot in your town or city during summer and why.

EVENING

Write down three positive things to tell yourself in the morning.

DOODLE

Trail sign.

**WATER -
COLOR**

A leaf.