

August 28th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

A habit you can work on today.

POSITIVE THOUGHT

Something that
motivates me is...

ONE WORD

Worth.

GRATITUDE

Things you're grateful you learned this month.

COURAGE

Things to tell yourself in the morning for more courage.

FUTURE

What home means to you in the future.

SUCCESS IN YOUR CAREER

How you can make your internal voice more supportive.

SELF-CARE

An activity you want to do before the end of summer.

EVENING

If tomorrow was the perfect day, describe how it would go.

DOODLE

Sandcastle.

WATER - COLOR

Something pastel.