

August 29th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One fun thing you want to do today.

**POSITIVE
THOUGHT**

I feel smart when...

**ONE
WORD**

Kindness.

GRATITUDE

Your favorite things about this summer.

COURAGE

Make a 'courage' bucket list.

FUTURE

What freedom means to you in the future.

**SUCCESS IN
YOUR CAREER**

Something you've been getting compliments on at work.

SELF-CARE

The first memory of this past summer that comes into your head, and why you think that is.

EVENING

Something you're proud of achieving this month.

DOODLE

Lemon slice.

**WATER -
COLOR**

Moon.