

August 30th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Things you're proud of achieving this month.

POSITIVE THOUGHT

The best thing that happened this month was...

ONE WORD

Balance.

GRATITUDE

The best thing that happened in August.

COURAGE

A letter to your future self to tell yourself to be courageous.

FUTURE

What community means to you in the future.

SUCCESS IN YOUR CAREER

List achievements (including small wins) from this month.

SELF-CARE

The people you've had time with this summer.

EVENING

The best moment of the day.

DOODLE

Popcorn bucket.

WATER - COLOR

Books.