

## Ideas for a positive wellness journal

Look through newspapers and magazines for:

- Images that make you feel positive
- Words you associate with
- Quotes that are hopeful
- Uplifting colours for backgrounds

Collect together

- Washi you love but haven't used much of
- Stickers you have collected
- Coloured paper or collage materials
- Leftovers from the Archer and Olive monthly kits
- Choose a journal or paper from a coloured notepad

Theme ideas for positive wellness

- Goal setting
- Birthday milestones
- Achievements that make you smile
- Nature and getting outside
- Travel and adventure
- Calm and order in the home
- Time and opportunity to be creative
- Giving yourself permission for self-care
- Quotes to help any overwhelm
- Images that remind you of happy carefree times
- Phrases to help any anxiety or stress
- Reminders to take a deep breath
- A page full of things you love

**Time to get creative!**