

JUNE JOURNAL — Creating Beautiful Surroundings

“Whenever you are creating beauty around you, you are restoring your own soul.” —*Alice Walker*

1. Go into your closet, & find your favorite outfits, or your favorite room, or even a favorite Pinterest board you’ve made.

Describe what you like about it in 3 words (be kind & generous):

Some ideas to get you started:

Bright
Classic
Soft

Sleek
Feminine
Luxurious

Modern
Elegant
Delicate

2. **How does that outfit, or decor, or Pinterest board make you feel?**

Some Ideas to get you started:

Calm
Excited
Joyful
Nurtured

Loving
Cared for
Hopeful
Purposeful

Beautiful
Safe
Peaceful
Confident

3. Now just notice: **these are also reflections of who you are, or who you are becoming, and of your values in the world and how you affect the people around you.**
4. **How are these adjectives and feelings aligned with the inspirational figure you picked, or how are they different?** Are you working on enhancing your natural style or, are you developing a new style?