

November 'Being Present' Journaling Month

	S	M	T	W	T	F	S
L A S T D A Y	30 What comes to mind when you look at your calendar.	27	28	29	30	31	1 What makes you smile in the room you're in right now.
	2 The most beautiful thing you can see out of the nearest window.	3 Things that make you feel warm and cozy right now.	4 The first positive thing that comes to mind after a big, deep breath.	5 A heart-warming story behind an everyday item in a kitchen drawer.	6 Moments of quiet you experienced today inbetween the noise & busy times.	7 Imagine the vastness of the journey a piece of fruit or a vegetable in your kitchen took to get to you.	8 Intently appreciate the craftsmanship of an item or appliance near you.
	9 The story behind the closest family photo or memento to you.	10 A fond memory you have from a cozy sweater or piece of clothing you're wearing.	11 Something you usually rush that you can try to give more attention to.	12 What you love about the room you're in right now.	13 The most comforting sound you can hear if you go outside now, & why.	14 How the sky makes you feel when you look up at it.	15 What makes you hopeful when you look around right now.
	16 Something ordinary you pass by every day that you can take more notice of.	17 Things around you that cost little to nothing that you're grateful for.	18 Things that would bring you inner calm right now if you needed it.	19 Things, right now, that you're certain of.	20 Things you can think about right now that fill your heart with love.	21 Things you can touch right now that are soft and comfortable.	22 What colors you notice when you look outside.
	23 Vivid & beautiful memories that you associate with certain songs.	24 What you love about the person you are, right now.	25 Something loving you could say to yourself, right now.	26 Re-count the first memories you think of when you look at your dining room table.	27 What you love about the people you're with, or have spent time with, today.	28 Scents or aromas that have brought you joy today.	29 What you can hear right now that makes you feel grounded.

