





# November Evening Journaling

	S	M	T	W	T	F	S						
LAST DAY	<b>30</b> One priority for next month.	27 	28 	29 	30 	31 	<b>1</b> Big achievements from last month.						
<b>2</b>	Things you're looking forward to this month.	<b>3</b>	One good thing that happened today.	<b>4</b>	Challenges you've overcome today.	<b>5</b>	Opportunities you've had today.	<b>6</b>	Something that made you happy today.	<b>7</b>	Ways to recharge this weekend.	<b>8</b>	Things you're grateful for today.
<b>9</b>	Your favorite memories this weekend.	<b>10</b>	The best part of today.	<b>11</b>	Something that made you smile today.	<b>12</b>	Beautiful things you noticed today.	<b>13</b>	Unexpectedly good things that happened recently.	<b>14</b>	How you stepped out of your comfort zone this week.	<b>15</b>	Small wins from the week.
<b>16</b>	Things that made you feel reenergized this week.	<b>17</b>	Something you did today you're proud of.	<b>18</b>	Things that are giving you hope lately.	<b>19</b>	Good things about life now.	<b>20</b>	Things that bring you inner calm.	<b>21</b>	Positive lessons from the week.	<b>22</b>	Experiences you're grateful for this week.
<b>23</b>	The highlights of the past week.	<b>24</b>	Positive things you hope will happen this week.	<b>25</b>	Ways your life has improved recently.	<b>26</b>	A recent moment you'd love to relive.	<b>27</b>	Things that have been inspiring you lately.	<b>28</b>	Interesting conversation you had this week.	<b>29</b>	Good choices you're proud to have made this month.