

Positive Thoughts Journaling

for November

	S	M	T	W	T	F	S
L A S T D A Y	30 My favorite things about November were...	27 	28	29 	30 	31 	1 This November, I'm looking forward to...
2 Good things I hope will happen this month include...	3 Three things I'm grateful for today are...	4 Something I love about myself recently is...	5 My favorite thing about work recently is...	6 People I've loved catching up with recently include...	7 Something funny that happened recently was...	8 Something I can do for self-care this weekend is...	
9 I'm proud of myself for...	10 My favorite memory from last week was...	11 Something kind someone did for me recently was...	12 I deserve good things like...	13 The best thing about my family is...	14 The best thing about my friends is...	15 Opportunities I'm grateful for include...	
16 Three things I love about my home are...	17 My favorite activity from this past weekend was...	18 Goals I'm happy I'm pursuing are...	19 My favorite after-work activities are...	20 Movies and shows I've enjoyed watching recently include...	21 The best thing about the workweek was...	22 The best weekend I've ever had was...	
23 Something that made me smile this weekend was...	24 Something good I hope will happen this week is...	25 Simple things I appreciate around me include...	26 A memorable compliment I received recently was...	27 My favorite thing about today was...	28 Family traditions I'm grateful for include...	29 I love that...	