

What *to* Journal About On November 10th



..... Ordinary & Happy

MORNING

Your weekend highlights.

EVENING

The best part of today.

ONE-WORD

Confidence.

FILL-IN-THE-BLANKS POSITIVE THOUGHTS

My favorite memory from last week
was...

THANKSGIVING-THEMED GRATITUDE

How you could help someone this
month.

'ORDINARY THINGS' GRATITUDE

Someone or something that always
sets the world right for you.

STAYING POSITIVE ON COLD NOVEMBER NIGHTS

What brings you a sense of peace
when you look out of the window.

FAMILY STORIES

Vivid memories from road trips.

SELF-CARE

Ways to improve your evening
routine.

BEING PRESENT

A fond memory you have from a
cozy sweater or piece of clothing
you're wearing.

EMBRACING HOW THE YEAR HAS GONE

Your biggest achievement of the
year so far and why.