

Journaling Cues *for the* November 11th

..... Ordinary & Happy

MORNING

One simple thing you'd be happy to achieve this week.

EVENING

Something that made you smile today.

FILL-IN-THE-BLANKS POSITIVE THOUGHTS

Something kind someone did for me recently was...

ONE-WORD

Collaboration.

THANKSGIVING-THEMED GRATITUDE

Communities you're a part of and why.

'ORDINARY THINGS' GRATITUDE

Favorite items you use a lot but rarely appreciate.

FAMILY STORIES

Cities you visited in the fall and why.

STAYING POSITIVE ON COLD NOVEMBER NIGHTS

What someone could learn from you.

SELF-CARE

Favorite day of the week and why.

BEING PRESENT

Something you usually rush that you can try to give more attention to.

EMBRACING HOW THE YEAR HAS GONE

Routines or habits you've made progress on.