

November 13th Journaling

..... Ordinary & Happy

MORNING

One kind thing you could do for someone today.

EVENING

Unexpectedly good things that happened recently.

FILL-IN-THE-BLANKS POSITIVE THOUGHTS

The best thing about my family is...

ONE-WORD

Honesty.

'ORDINARY THINGS' GRATITUDE

People you're grateful for in everyday life.

THANKSGIVING-THEMED GRATITUDE

A time someone supported you in an unexpected way.

FAMILY STORIES

A time the whole family couldn't stop laughing.

STAYING POSITIVE ON COLD NOVEMBER NIGHTS

What part of your town or city is most beautiful during fall.

SELF-CARE

Holiday movies you're excited to watch again this year.

BEING PRESENT

The most comforting sound you can hear if you go outside now, and why.

EMBRACING HOW THE YEAR HAS GONE

Something the year has taught you about yourself.