What to Journal About November 15th

Ordinary & Happy

MORNING

Last time you had a lot of fun and how you can recreate that.

EVENING

Small wins from the week.

ONE-WORD

Brightness

FILL-IN-THE-BLANKS POSITIVE THOUGHTS

Opportunities I'm grateful for include...

'ORDINARY THINGS' GRATITUDE

Moments of quiet beauty you've experienced this week.

THANKSGIVING-THEMED GRATITUDE

People you feel 'at home' around.

FAMILY STORIES

Someone who makes/made family gatherings memorable and why.

BEING PRESENT

What makes you hopeful when you look around right now.

SELF-CARE

Write down your three best qualities

STAYING POSITIVE ON COLD NOVEMBER NIGHTS

If you had to volunteer today, what you'd do.

EMBRACING HOW THE YEAR HAS GONE

A way the year surprised you.