

All Journaling Ideas for 4th November

..... Ordinary & Happy



MORNING

One thing (you've been putting off) to work on today.

EVENING

Challenges you've overcome today.

STAYING POSITIVE ON COLD NOVEMBER NIGHTS

What is beautiful about a crisp night's sky.

FAMILY STORIES

Who is/was the family member who hosted a lot and why it was special.

EMBRACING HOW THE YEAR HAS GONE

Something you're proud of that most people didn't notice.

ONE-WORD

Bravery.

'ORDINARY THINGS' GRATITUDE

Sounds you enjoy hearing.

THANKSGIVING-THEMED GRATITUDE

Family Thanksgiving and holiday traditions you'd like to continue.

FILL-IN-THE-BLANKS POSITIVE THOUGHTS

Something I love about myself recently is...

BEING PRESENT

The first positive thing that comes to mind after a big, deep breath.

SELF-CARE

One kind thing to do for yourself this week.