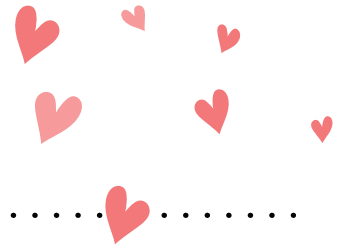


Journaling Cues for 5th November



..... Ordinary & Happy

MORNING

Something that's brought you a lot of joy recently.

EVENING

Opportunities you've had today.

'ORDINARY THINGS' GRATITUDE

Small acts of kindness you did or witnessed recently.

THANKSGIVING-THEMED GRATITUDE

What you love most about gathering with other people.

FILL-IN-THE-BLANKS POSITIVE THOUGHTS

My favorite thing about work recently is...

ONE-WORD

Innovation.

STAYING POSITIVE ON COLD NOVEMBER NIGHTS

At-home routines that make you happy.

FAMILY STORIES

Vividly write about the story behind the closest family photo to you.

EMBRACING HOW THE YEAR HAS GONE

How the year has shown you how resilient you are.

BEING PRESENT

A heartwarming story behind an everyday item in a kitchen drawer.

SELF-CARE

Something that you're looking forward to in November.