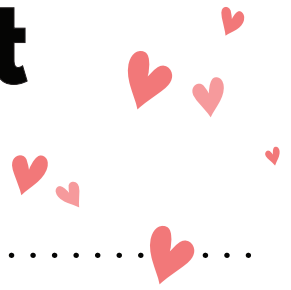


What *to* Journal About On November 6th



..... Ordinary & Happy

MORNING

Things you're looking forward to today.

EVENING

Something that made you happy today.

THANKSGIVING-THEMED GRATITUDE

A particular family member you saw at Thanksgiving gatherings in the past whose presence you treasured.

'ORDINARY THINGS' GRATITUDE

Technology that makes your life easier.

FILL-IN-THE-BLANKS POSITIVE THOUGHTS

People I've loved catching up with recently include...

ONE-WORD

Fulfillment.

STAYING POSITIVE ON COLD NOVEMBER NIGHTS

What's been great about the year so far.

FAMILY STORIES

A time the whole family made the most of an unexpected situation.

EMBRACING HOW THE YEAR HAS GONE

Three things you've learned this year.

BEING PRESENT

Moments of quiet you experienced today in between the noise and busy times.

SELF-CARE

A song you've listened to recently that made you feel cozy.