

All *the* 7th of November Journaling Ideas



..... Ordinary & Happy

MORNING

One thing to do to step out of your comfort zone today.

EVENING

Ways to recharge this weekend.

'ORDINARY THINGS' GRATITUDE

Moments in your day when everything feels just right.

THANKSGIVING-THEMED GRATITUDE

Simple luxuries that can bring you joy this month.

ONE-WORD

Enthusiasm.

FILL-IN-THE-BLANKS POSITIVE THOUGHTS

Something funny that happened recently was...

STAYING POSITIVE ON COLD NOVEMBER NIGHTS

What gives you hope going into next year.

FAMILY STORIES

A place you visited a lot as a family.

EMBRACING HOW THE YEAR HAS GONE

Something positive you completely didn't expect this year.

SELF-CARE

Ideas for bringing more fun into your life.

BEING PRESENT

Imagine the vastness of the journey a piece of fruit or a vegetable in your kitchen took to get to you.