

# Themed Journaling Ideas *for* November 8th

..... Ordinary & Happy .....

## MORNING

Fun activities you're looking forward to this weekend.

## EVENING

Things you're grateful for today.

## THANKSGIVING-THEMED GRATITUDE

What you have an abundance of in your life right now.

## 'ORDINARY THINGS' GRATITUDE

What makes your house comfortable.

## ONE-WORD

Imagination.

## FILL-IN-THE-BLANKS POSITIVE THOUGHTS

Something I can do for self-care this weekend is...

## STAYING POSITIVE ON COLD NOVEMBER NIGHTS

People you can talk to who have an optimistic outlook.

## FAMILY STORIES

Crafts or skills passed down through your family.

## BEING PRESENT

Intently appreciate the craftsmanship of an item or appliance near you.

## SELF-CARE

Recent new experiences you've loved.

## EMBRACING HOW THE YEAR HAS GONE

Ordinary joys you've sometimes overlooked.