

# 9th November Journaling Ideas



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

## MORNING

Family and friends you want to catch up with.

## EVENING

Your favorite memories this weekend.

## 'ORDINARY THINGS' GRATITUDE

What you like about your local area.

## THANKSGIVING-THEMED GRATITUDE

Ways you could let the people you care about most know that you appreciate them.

## ONE-WORD

Excellence.

## FILL-IN-THE-BLANKS POSITIVE THOUGHTS

I'm proud of myself for...

## STAYING POSITIVE ON COLD NOVEMBER NIGHTS

Local places you can go to join a community activity.

## FAMILY STORIES

Games your family loved to play.

## EMBRACING HOW THE YEAR HAS GONE

Someone who was there for you this year.

## SELF-CARE

Hobbies that make you feel happy.

## BEING PRESENT

The story behind the closest family photo or memento to you.