

Doodle, Journal, & Be Creative On December 4th



MORNING		Holiday prep you've been putting off that you can get done today.	
ONE WORD		Momentum	POSITIVE THOUGHT
			Someone I want to see before the holidays is...
2025 GRATITUDE		A memorable conversation you had.	
'WHAT I DID' THIS YEAR		An ordinary, everyday conversation you remember.	
SET INTENTIONS		How you're different from the person at the start of the year.	
EVENING		A setback from the year you overcame and what it taught you.	
SELF-CARE		Tasks you can delegate or not volunteer for to make sure you're not overextended.	
DOODLE	Polar bear.	WATER-COLOR	Carriage.