

November 1st Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Your top three goals for the month.

POSITIVE THOUGHT

This November, I'm
looking forward to...

ONE - WORD

Radiance.

BEING PRESENT

The most beautiful thing you can see out of the nearest
window.

GRATITUDE FOR ORDINARY

Morning routines that ground you.

THANKSGIVING

An ordinary but vivid memory of a past Thanksgiving.

FAMILY STORIES

A cozy fall family tradition and why it's special.

SELF - CARE

If this year was a book, what this chapter would be called
and the opportunities it may have.

EVENING

Things you're looking forward to this month.

DOODLE

Old clock

WATER - COLOR

Fall wreath