November 2nd Journaling & Creativity

MORNING

One positive habit to work on this month.

POSITIVE THOUGHT

Good things I hope will happen this month include...

ONE-WORD

Unity.

BEING PRESENT

Things that make you feel warm and cozy right now.

GRATITUDE FOR ORDINARY

Nearby nature that calms you.

THANKSGIVING

How past Thanksgivings were unique to your family.

FAMILY STORIES

The sounds you can vividly remember when the family was together.

SELF-CARE

Cozy foods and dishes you like to make.

EVENING

One good thing that happened today.

DOODLE Clementine

WATER-COLOR Topaz (gem)