November 3rd Journaling & Creativity

MORNING

People you want to reconnect with this week.

POSITIVE THOUGHT

Three things I'm grateful for today are...

ONE-WORD

Bravery.

BEING PRESENT

The first positive thing that comes to mind after a big, deep breath.

GRATITUDE FOR ORDINARY

Sounds you enjoy hearing.

THANKSGIVING

Family Thanksgiving and holiday traditions you'd like to continue.

FAMILY STORIES

Who is/was the family member who hosted a lot and why it was special.

SELF-CARE

Unseen work you do that needs more acknowledgement.

EVENING

Challenges you've overcome today.

DOODLE

Camera

WATER-COLOR

Pancakes