November 4th Journaling & Creativity

Ordinary & Happy O & H

MORNING

One thing (you've been putting off) to work on today.

POSITIVE THOUGHT

My favorite thing about work recently is...

ONE-WORD

Innovation.

BEING PRESENT

A heartwarming story behind an everyday item in a kitchen drawer.

GRATITUDE FOR ORDINARY

Small acts of kindness you did or witnessed recently.

THANKSGIVING

What you love most about gathering with other people.

FAMILY STORIES

Vividly write about the story behind the closest family photo to you.

SELF-CARE

Something you can treat yourself to on a cold evening.

EVENING

Opportunities you've had today.

DOODLE

Gift box

WATER-COLOR

Bubble bath