November 5th Journaling & Creativity

MORNING

Things you're looking forward to today.

POSITIVE THOUGHT

People I've loved catching up with recently include...

ONE-WORD

Fulfillment.

BEING PRESENT

Moments of quiet you experienced today in between the noise and busy times.

GRATITUDE FOR ORDINARY

Technology that makes your life easier.

THANKSGIVING

A particular family member you saw at Thanksgiving whose presence you treasured.

FAMILY STORIES

A time the whole family made the most of an unexpected situation.

SELF-CARE

A sweet moment from the past week you overlooked.

EVENING

Something that made you happy today.

DOODLE

Basket with pears

WATER-COLOR

Turkey