November 6th Journaling & Creativity

MORNING

One thing to do to step out of your comfort zone today.

POSITIVE THOUGHT

Something funny that happened recently was...

ONE-WORD

Enthusiasm.

BEING PRESENT

Imagine the vastness of the journey a piece of fruit or a vegetable in your kitchen took to get to you.

GRATITUDE FOR ORDINARY

Moments in your day when everything feels just right.

THANKSGIVING

Simple luxuries that can bring you joy this month.

FAMILY STORIES

A place you visited a lot as a family.

SELF-CARE

A song that inspires you to keep going.

EVENING

Ways to recharge this weekend.

DOODLE

Star

WATER-COLOR

Sweet potato