November 7th Journaling & Creativity

MORNING — Fun activities you're looking forward to this weekend.

POSITIVE THOUGHT — Something I can do for self-care this weekend is...

ONE-WORD — Imagination.

BEING PRESENT — Intently appreciate the craftsmanship of an item or appliance near you.

GRATITUDE FOR ORDINARY — What makes your house comfortable.

THANKSGIVING — What you have an abundance of in your life right now.

FAMILY STORIES — Crafts or skills passed down through your family.

SELF-CARE — Even when cold, simple ways to get some fresh air.

EVENING — Things you're grateful for today.

DOODLE — Guitar

WATER-COLOR — Apple cider glass mug