November 10th Journaling & Creativity

Ordinary & Happy

MORNING

One simple thing you'd be happy to achieve this week.

POSITIVE THOUGHT

Something kind someone did for me recently was...

ONE-WORD

Collaboration.

BEING PRESENT

Something you usually rush that you can try to give more attention to.

GRATITUDE FOR ORDINARY

Favorite items you use a lot but rarely appreciate.

THANKSGIVING

Communities you're a part of and why.

FAMILY STORIES

Cities you visited in the fall and why.

SELF-CARE

Someone who taught you to be resilient and memories with them.

EVENING

Something that made you smile today.

DOODLE

Medal

WATER-COLOR

Red poppy