November 12th Journaling & Creativity

Ordinary & Happy O & H

MORNING

One kind thing you could do for someone today.

POSITIVE THOUGHT

The best thing about my family is...

ONE-WORD

Honesty.

BEING PRESENT

The most comforting sound you can hear if you go outside now, and why.

GRATITUDE FOR ORDINARY

People you're grateful for in everyday life.

THANKSGIVING

A time someone supported you in an unexpected way.

FAMILY STORIES

A time the whole family couldn't stop laughing.

SELF-CARE

Someone you can reach out to on a cozy evening.

EVENING

Unexpectedly good things that happened recently.

DOODLE

Pretzel

WATER-COLOR

Puzzle piece