November 13th Journaling & Creativity

MORNING	One king thing to do for yourself today or this weekend.
POSITIVE THOUGHT	The best thing about my friends is...
ONE-WORD	Miracle.
BEING PRESENT	How the sky makes you feel when you look up at it.
GRATITUDE FOR ORDINARY	Feelings of warmth and coziness at home.
THANKSGIVING	Simple things about your home that make it comfortable.
FAMILY STORIES	A celebration where things went wrong but everyone still had a fun time.
SELF-CARE	One way you can be kind to someone and one way to yourself.
EVENING	How you stepped out of your comfort zone this week.
DOODLE	Chandelier
WATER-COLOR	French toast