# *November 14th* Journaling & Creativity

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| **MORNING** | Last time you had a lot of fun and how you can recreate that. |
| **POSITIVE THOUGHT** | Opportunities I'm grateful for include... |
| **ONE-WORD** | Brightness. |
| **BEING PRESENT** | What makes you hopeful when you look around right now. |
| **GRATITUDE FOR ORDINARY** | Moments of quiet beauty you've experienced this week. |
| **THANKSGIVING** | People you feel 'at home' around. |
| **FAMILY STORIES** | Someone who makes/made family gatherings memorable and why. |
| **SELF-CARE** | What a fun night in with some friends would be. |
| **EVENING** | Small wins from the week. |
| **DOODLE** | Carrot cake |
| **WATER-COLOR** | Grapefruit |