November 15th Journaling & Creativity

MORNING	Your favorite things so far this fall.
POSITIVE THOUGHT	Three things I love about my home are...
ONE-WORD	Companionship.
BEING PRESENT	Something ordinary you pass by every day that you can take more notice of tomorrow.
GRATITUDE FOR ORDINARY	Ordinary memories that bring you joy.
THANKSGIVING	What you're grateful to have learned this year.
FAMILY STORIES	Someone who is/was the life of the party at family gatherings and why.
SELF-CARE	What you're ready to leave behind this month to make room for something better.
EVENING	Things that made you feel reenergized this week.
DOODLE	Crown
WATER-COLOR	Coffee shop window