November 16th Journaling & Creativity

MORNING Things you still want to do before the end of the season.

POSITIVE THOUGHT My favorite activity from this past weekend was...

ONE-WORD Aspiration.

BEING PRESENT Things around you that cost little to nothing that you're grateful for.

GRATITUDE FOR ORDINARY Things that never change that make you happy.

THANKSGIVING What you appreciate and love about the place you live.

FAMILY STORIES A time the family had to work as a team.

SELF-CARE A time you were patient, even if it was challenging.

EVENING Something you did today you're proud of.

DOODLE Dress

WATER-COLOR Popcorn