November 17th Journaling & Creativity

MORNING	Something that inspired you lately.		
POSITIVE THOUGHT	Goals I'm happy I'm pursuing are...	**ONE-WORD**	Community.
BEING PRESENT	Things that would bring you inner calm right now if you needed it.		
GRATITUDE FOR ORDINARY	Foods you can make that bring people together.		
THANKSGIVING	Someone who may need some encouragement from you today.		
FAMILY STORIES	Recount the story behind a family heirloom you have at home.		
SELF-CARE	A walk or drive that always clears your head or gives you clarity.		
EVENING	Things that are giving you hope lately.		
DOODLE	Plate setting	**WATER-COLOR**	Sunset at a lake