November 18th Journaling & Creativity

MORNING

A happy memory that comes to mind.

POSITIVE THOUGHT

My favorite after-work activities are...

ONE-WORD

Justice.

BEING PRESENT

Things, right now, that you're certain of.

GRATITUDE FOR ORDINARY

Things you read recently that made you hopeful.

THANKSGIVING

A meal that tastes like 'home' and why.

FAMILY STORIES

Inside family jokes.

SELF-CARE

What you've enjoyed about fall.

EVENING

Good things about life now.

DOODLE

Perfume bottle

WATER-COLOR

Brussels sprouts