November 19th Journaling & Creativity

MORNING

One way life has been better recently.

POSITIVE THOUGHT

Movies and shows I've enjoyed watching recently include...

ONE-WORD

Potential.

BEING PRESENT

Things you can think about right now that fill your heart with love.

GRATITUDE FOR ORDINARY

A favorite piece of clothing and a story behind it.

THANKSGIVING

Memorable moments from past Thanksgivings.

FAMILY STORIES

The biggest family gathering and what you enjoyed about it.

SELF-CARE

A game from childhood you could play again with friends or family.

EVENING

Things that bring you inner calm.

DOODLE

Loaf of bread

WATER-COLOR

November calendar page