November 20th Journaling & Creativity

MORNING

A recent achievement you're proud of.

POSITIVE THOUGHT

The best thing about the workweek was...

ONE-WORD

Intelligence.

BEING PRESENT

Things you can touch right now that are soft and comfortable.

GRATITUDE FOR ORDINARY

Plants at home or in your garden that bring you joy.

THANKSGIVING

What you appreciate about life in this moment.

FAMILY STORIES

An object at home that connects you to a relative you haven't seen for a while.

SELF-CARE

A fond, funny memory from the year that makes you feel good.

EVENING

Positive lessons from the week.

DOODLE

Badger

WATER-COLOR

Moon through the clouds