November 21st Journaling & Creativity

MORNING	One self-care activity to do this weekend.
POSITIVE THOUGHT	The best weekend I've ever had was...
ONE-WORD	Originality.
BEING PRESENT	What colors you notice when you look outside.
GRATITUDE FOR ORDINARY	Choices you've been able to make recently.
THANKSGIVING	Things you'd be excited to tell your younger self to look forward to, knowing what will happen.
FAMILY STORIES	How your family expresses love for each other.
SELF-CARE	Someone you want to reconnect with before the end of the year.
EVENING	Experiences you're grateful for this week.
DOODLE	Tractor
WATER-COLOR	Cabin in the woods