November 23rd Journaling & Creativity

MORNING	One new thing to try today.
POSITIVE THOUGHT	Something good I hope will happen this week is...
ONE-WORD	Triumph.
BEING PRESENT	Recount the first memories you think of when you look at your dining room table.
GRATITUDE FOR ORDINARY	A heartwarming story behind an everyday object you own.
THANKSGIVING	Sounds you're grateful for at Thanksgiving.
FAMILY STORIES	A house, building, or place that meant/means a lot to the family.
SELF-CARE	What matters to you, personally, when celebrating a holiday.
EVENING	Positive things you hope will happen this week.
DOODLE	Picket fence
WATER-COLOR	Star anise