November 24th Journaling & Creativity

MORNING

Skills you want to work on this week.

POSITIVE THOUGHT

Simple things I appreciate around me include...

ONE-WORD

Gentleness.

BEING PRESENT

What you love about the person you are, right now.

GRATITUDE FOR ORDINARY

Fabrics and textures at home that comfort you.

THANKSGIVING

Scents you're grateful for at Thanksgiving.

FAMILY STORIES

The soundtrack to your family.

SELF-CARE

A talent or unique trait that makes you 'you'.

EVENING

Ways your life has improved recently.

DOODLE

Thermos

WATER-COLOR

Bread rolls in a basket