November 29th Journaling & Creativity

Ordinary & Happy O & H

MORNING

Something that's brought you a lot of joy recently.

POSITIVE THOUGHT

Something I love about myself recently is...

ONE-WORD

Resourcefulness.

BEING PRESENT

What comes to mind when you look at your calendar.

GRATITUDE FOR ORDINARY

Everyday routines that you enjoy.

THANKSGIVING

Someone who taught you the value of kindness and giving.

FAMILY STORIES

What made/makes your family unique.

SELF-CARE

A daily joy you'll look out for every day in December.

EVENING

One priority for next month.

DOODLE

Honey jar

WATER-COLOR

Journal