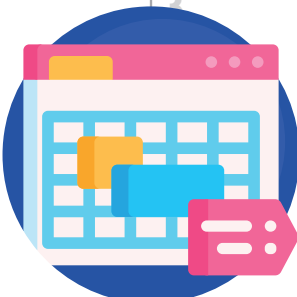


November Journaling *for*

Embracing *How the Year Has Gone*

S	M	T	W	T	F	S
1 Three positives from the year.	2 A setback you didn't anticipate and how you overcame/are overcoming it.	3 Something you're proud of that most people didn't notice.	4 How the year has shown you how resilient you are.	5 Three things you've learned this year.	6 Something positive you completely didn't expect this year.	7 Ordinary joys you've sometimes overlooked.
8 Someone who was there for you this year.	9 Your biggest achievement of the year so far and why.	10 Routines or habits you've made progress on.	11 Routines or habits you didn't make progress on and why.	12 Something the year has taught you about yourself.	13 Something that didn't go as expected this year, but you're still grateful for.	14 A way the year surprised you.
15 Motivating words you'd say to yourself if you went back to the start of the year.	16 Something you need to accept is taking longer than anticipated.	17 In what ways the year has been 'successful' for you.	18 Memorable stories from the year.	19 What you're thankful to your past self for doing this year.	20 Goals you made some progress on, no matter how small.	21 Goals that still excite you, even if you made little or no progress.
22 Re-count the people you've met with regularly or even once.	23 Places you've been this year.	24 Things that have required you to show patience this year.	25 Something you're ready to accept about the year.	26 Ordinary things you're grateful to have in your life.	27 What inspired you this year.	28 What you can take from this year into next year.
29 Words to sum up the year.	30 Moments from the year you felt like you were 'living life'.	1	2 	3	4 	5 