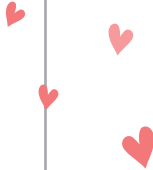


November Evening Journaling

for Reflection and Getting Inspired

S	M	T	W	T	F	S
1 Things you're looking forward to this month.	2 One good thing that happened today.	3 Challenges you've overcome today.	4 Opportunities you've had today.	5 Something that made you happy today.	6 Ways to recharge this weekend.	7 Things you're grateful for today.
8 Your favorite memories this weekend.	9 The best part of today.	10 Something that made you smile today.	11 Beautiful things you noticed today.	12 Unexpectedly good things that happened recently.	13 How you stepped out of your comfort zone this week.	14 Small wins from the week.
15 Things that made you feel reenergized this week.	16 Something you did today you're proud of.	17 Things that are giving you hope lately.	18 Good things about life now.	19 Things that bring you inner calm.	20 Positive lessons from the week.	21 Experiences you're grateful for this week.
22 The highlights of the past week.	23 Positive things you hope will happen this week.	24 Ways your life has improved recently.	25 A recent moment you'd love to relive.	26 Things that have been inspiring you lately.	27 Interesting conversation you had this week.	28 Good choices you're proud to have made this month.
29 One priority for next month.	30 Big achievements from this month.	1 	2 	3 	4 	5 