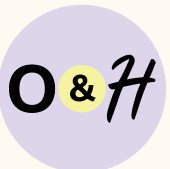


November Gratitude Journaling

About Ordinary Things

S	M	T	W	T	F	S
1 Morning routines that ground you.	2 Nearby nature that calms you.	3 Sounds you enjoy hearing.	4 Small acts of kindness you did or witnessed recently.	5 Technology that makes your life easier.	6 Moments in your day when everything feels just right.	7 What makes your house comfortable.
8 What you like about your local area.	9 Someone or something that always sets the world right for you.	10 Favorite items you use a lot but rarely appreciate.	11 Tools or objects that make life easier.	12 People you're grateful for in everyday life.	13 Feelings of warmth and coziness at home.	14 Moments of quiet beauty you've experienced this week.
15 Ordinary memories that bring you joy.	16 Things that never change that make you happy.	17 Foods you can make that bring people together.	18 Things you read recently that made you hopeful.	19 A favorite piece of clothing and a story behind it.	20 Plants at home or in your garden that bring you joy.	21 Good choices you've been able to make recently.
22 Things you're looking forward to before the year ends.	23 A heart-warming story behind an everyday object you own.	24 Fabrics and textures at home that comfort you.	25 Great conversations you've had recently.	26 Often-overlooked work of others that makes your neighborhood tick.	27 How the night sky makes you feel when you look up.	28 Your town or city at its most beautiful, and why.
29 Every-day routines you enjoy.	30 Pleasant scents you smelled today.	1 	2 	3 	4 	5  Ordinary & Happy