

# November 'Being Present'

## Journaling

| S                                                                             | M                                                                                 | T                                                                         | W                                                                                    | T                                                                              | F                                                                                                         | S                                                                         |
|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| 1 The most beautiful thing you can see out of the nearest window.             | 2 Things that make you feel warm and cozy right now.                              | 3 The first positive thing that comes to mind after a big, deep breath.   | 4 A heart-warming story behind an everyday item in a kitchen drawer.                 | 5 Moments of quiet you experienced today inbetween the noise & busy times.     | 6 Imagine the vastness of the journey a piece of fruit or a vegetable in your kitchen took to get to you. | 7 Intently appreciate the craftsmanship of an item or appliance near you. |
| 8 The story behind the closest family photo or memento to you.                | 9 A fond memory you have from a cozy sweater or piece of clothing you're wearing. | 10 Something you usually rush that you can try to give more attention to. | 11 What you love about the room you're in right now.                                 | 12 The most comforting sound you can hear if you go outside.                   | 13 How the sky makes you feel when you look up at it.                                                     | 14 What makes you hopeful when you look around right now.                 |
| 15 Something ordinary you pass by every day that you can take more notice of. | 16 Things around you that cost little to nothing that you're grateful for.        | 17 Things that would bring you inner calm right now if you needed it.     | 18 Things, right now, that you're certain of.                                        | 19 Things you can think about right now that fill your heart with love.        | 20 Things you can touch right now that are soft and comfortable.                                          | 21 What colors you notice when you look outside.                          |
| 22 Vivid & beautiful memories that you associate with certain songs.          | 23 What you love about the person you are, right now.                             | 24 Something loving you could say to yourself, right now.                 | 25 Re-count the first memories you think of when you look at your dining room table. | 26 What you love about the people you're with, or have spent time with, today. | 27 Scents or aromas that have brought you joy today.                                                      | 28 What you can hear right now that makes you feel grounded.              |
| 29 What comes to mind when you look at your calendar.                         | 30 What makes you smile in the room you're in right now.                          | 1                                                                         | 2                                                                                    | 3                                                                              | 4                                                                                                         | 5                                                                         |



Ordinary & Happy