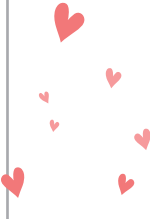


Morning Journaling

for November

S	M	T	W	T	F	S
1 Your top three goals for the month.	2 One positive habit to work on this month.	3 People you want to reconnect with this week.	4 One thing (you've been putting off) to work on today.	5 Things you're looking forward to today.	6 One thing to do to step out of your comfort zone today.	7 Fun activities you're looking forward to this weekend.
8 Family and friends you want to catch up with.	9 Your weekend highlights.	10 One simple thing you'd be happy to achieve this week.	11 Weekend trips you could go on.	12 One kind thing you could do for someone today.	13 One kind thing to do for yourself today or this weekend.	14 Last time you had a lot of fun and how you can recreate that.
15 Your favorite things so far this fall.	16 Things you still want to do before the end of the season.	17 Something that inspired you lately.	18 A happy memory that comes to mind.	19 One way life has been better recently.	20 A recent achievement you're proud of.	21 One self-care activity to do this weekend.
22 Things you're looking forward to next week.	23 One new thing to try today.	24 Skills you want to work on this week.	25 People you're excited to see.	26 Three things you're grateful for today.	27 One small thing to get for yourself today.	28 Upcoming holidays and events you're excited about.
29 Something that's brought you a lot of joy recently.	30 Your favorite memory from this month.	1	2 	3	4 	5 