Positivity Journaling

for the Dark November Nights

S	M	T	W	T	F	S
1 A part of your personality you want to show more of.	2 Someone/thing that has been a constant source of comfort all year.	3 What is beautiful about a crisp night's sky.	4 At-home routines that make you happy.	5 What's been great about the year so far.	6 What gives you hope going into next year.	7 People you can talk to who have an optimistic outlook.
8 Local places you can go to join a community activity.	9 What brings you a sense of peace when you look out of the window.	10 What someone could learn from you.	11 Something that, looking back now, wasn't that big of a deal.	12 What part of your town or city is most beautiful during fall.	13 What you'd tell your younger self to inspire them about life.	14 If you had to volunteer today, what you'd do.
15 What you can do in the morning to help you feel hopeful.	16 The last thing you read that made you smile.	17 What you enjoy talking about with people.	18 What makes you feel warm.	19 What about the year surprised you in a good way.	20 One thing you'll never tire of, no matter how tough your day.	21 What you could share in your friend group chat to make everyone feel great.
22 What's been unexpectedly good about the year.	23 Ways you've made your home beautiful.	24 People who bring love and warmth into your life.	25 Right now, what you're excited about.	26 Habits and traits you love about the people you're with today.	27 How you could bring friends and family together outside of key holidays.	28 Small wins you're proud of this month.
29 Things you can achieve despite the cold weather.	30 Someone you could check in with to make them feel less alone.	1	2 	3	4	5 O&H Ordinary & Happy