Self-Care Journaling for November

S	M	T	W	T	F	S
1 If this year was a book, what this chapter would be called and the opportunities it may have.	2 Cozy foods and dishes you like to make.	3 Unseen work you do that needs more acknowledgement.	4 Something you can treat yourself to on a cold evening.	5 A sweet moment from the past week you overlooked.	6 A song that inspires you to keep going.	7 Even when cold, simple ways to get some fresh air.
8 What can inspire you when you wake up in the morning.	9 Someone you know or follow who makes you feel seen.	10 Someone who taught you to be resilient and memories with them.	11 Write about a profession you admire and the sacrifices they make.	12 Someone you can reach out to on a cozy evening.	13 One way you can be kind to someone and one way to yourself.	14 What a fun night in with some friends would be.
15 What you're ready to leave behind this month to make room for something better.	16 A time you were patient, even if it was challenging.	17 A walk or drive that always clears your head or gives you clarity.	18 What you've enjoyed about fall.	19 A game from childhood you could play again with friends or family.	20 A fond, funny memory from the year that makes you feel good.	21 Someone you want to reconnect with before the end of the year.
22 Who in your life do you appreciate and why.	23 What matters to you, personally, when celebrating a holiday.	24 A talent or unique trait that makes you 'you'.	25 What you love about each person you'll be with tomorrow.	26 Unspoken, everyday things you're grateful for.	27 Things you already have in your home that bring you joy.	28 What makes your local area special over the holidays.
29 A daily joy you'll look out for every day in December.	30 A simple way to take a break if there are a lot of people or social commitments.	1	2	3 	4	5 O&H Ordinary & Happy