

Journal Prompts for November

1. What is my main focus/intention this month?
2. What do I need to release before entering this new month?
3. What are this month's non-negotiables?
4. Brain dump all my tasks to complete this month.
5. What am I most excited about this month?
6. What am I least excited about this month?
7. What do I need more of this month?
8. What do I love doing on really cold days?
9. What 5 words best describe you?
10. What does "home" mean to you?
11. What daily, healthy habit do you do every day that you are proud of?
12. My favourite quote today is...
13. When I scroll my phone and check notifications less I feel...
14. On a scale of 1-10, my mental health is: (and now what can I do today to increase it).
15. When I am feeling overwhelmed, what self care habit ALWAYS brings me back to feeling calm and relaxed?
16. What is something I can do today to be cozy?
17. What is my favourite part of winter?
18. How does winter make me feel? Is this emotion positive or negative?
19. What healthy habit can I do today that will make me feel well and happy?
20. What is something I don't like about this month? How can I change this?
21. What needs to happen this month so that December is less stressful?
22. These are the 3 things that I am most grateful for right now.
23. Who am I really grateful for at this moment? And why?
24. The best way to spend a cold evening is...
25. What is my favourite, comforting dinner to make at this time of year?
26. What type of music helps me relax? And why?
27. 2 goals you would like to accomplish by the end of the year.
28. What has brought you and your family closer this past year?
29. The last thing that made you laugh really hard.
30. What is your favourite room in your house? And how can you make it cozier and calmer as you head into December?