

November

JOURNALING PROMPTS

1. What is one win from the month of October?
2. What did you struggle with the most in October?
3. Do you prefer bright sunny days or gloomy cloudy days?
4. How ready are you for the upcoming Holiday season?
5. Who is the most recent text message from? Who is this person to you?
6. What compliment can you give to the next person that you will see?
7. How are you today?
8. Are you a person who likes to try new things or someone who prefers the comfort of doing things over and over?
9. What are some things that you can do now, so you can be more relaxed at the end of the month?
10. Your birthday is tomorrow. What cake would you get for your birthday?
11. What is the most recent thing that you read today? (Anything from a book/emails/news/media)
12. What are some things that make you feel safe?
13. Do you tolerate heat better or cold better? Or both? none?
14. When is the last time that you cried? Why did you?
15. You are getting some ice cream. Do you ask for it in a cone or in a cup?
16. What are you grateful for today?
17. What kind of student were/are you?
18. How can you be more conscious in your Black Friday spending this month?
19. What are you most proud of today?
20. You are going to a potluck. You will bring: the main dish, sides, snacks/desserts, drinks, or plates/utensils?
21. What is your definition of family?
22. If you can bring one mythical creature to life, what would it be?
23. What is your favorite Thanksgiving side dish?
24. How can you give more?
25. What are some apps on your phone that you do not need?
26. Who makes you feel the most inspired?
27. Marinara or Alfredo pasta?
28. Do you prefer to work from home or work in the office? Or if you prefer a hybrid model, how would an ideal work week look like?
29. How did you show love today?
30. What is something that you do not wish to carry over to December?