

November

JOURNALING PROMPTS



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- **What do you want to do this month?** Write your goals for the month, and think about what you need to do to accomplish them.
- What 3 things did you cross off your to-do list this month?
- List 10 things you love about this time of year.
- What is something new you added to your bucket list this month?
- List your favorite outdoor fall activities.
- What's a perfect Sunday look like to you? Do you like a lazy day or do you try to stay productive?
- What is something you are looking forward to this month?
- What is a cause you feel very strongly about and why?
- Do you find it easy or hard to forgive people?
- Is it easier to forgive others or yourself?
- How happy are you with your mental health right now?
- Does your mental health affect your physical health?
- What do you want to adjust in your daily routine?
- What part of productivity do you need to improve?
- **Mid-Month Review:** How are your goals for this month coming along? What can you accomplish in the remainder of the month?
- What is taking up too much of your energy?
- What are some past choices you're happy with?
- Do you enjoy the holiday season (November and December)? Why or why not?
- What are you most thankful for this month?
- What are you the most grateful for in your life?
- Does your life feel fulfilling?
- What is a past memorable Thanksgiving?
- What is your favorite thing about Thanksgiving?

- How did you spend the Thanksgiving holiday?
- Write a stream-of-consciousness journal entry.
- How has your self-care been this month?
- What was the highlight of your month?
- **Look ahead to next month:** What events do you need to prepare for? What are you looking forward to?
- **Month in Review:** What lessons did you learn this month?
- **Month in Review:** How did this month go? Which goals did you complete? What do you still need to work on?

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