



# NOVEMBER JOURNAL PROMPTS

How does November's energy feel to you?

What does November mean to you?

How can you remember to practice gratitude every day?

What is something new you can work on this month?

What feelings does November bring up for you?

Write a letter to someone you are grateful for. You can send it, or just keep it in your journal.

What is your favorite show ever? What is it about that show that you love so much?

What is the last book you read? What did you take away from it?

Share a quote that resonates with you right now.

What future event can you prepare for now?

Think of something you wish was different in this world. How can you positively be that change in the world?

What is something you have in common with a person you disagree with?

How can you support a family member this month?

What is your love language?

What is something you've always wanted to learn?

What is something you've always been interested in, even though you have no desire to do it yourself?

What is your favorite article of clothing? Why is it your favorite?

How can you share more love on this planet?

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Write about a dream you've had recently. Unpack it.

What makes you feel settled?

Write down three things you're grateful for right now.

How can better serve your community?

Now that some time has passed, what is something that happened in October that was meaningful?

Write down three affirmations.

How has your life changed in this last year?

How have you grown spiritually this month? Does this area of your life feel strong, or is it something you can work on?

What makes you feel grounded and centered? How can you bring more of this into your life, or access it at any time?

Is any part of you in pain? Acknowledge it.

How will you be better today (or tomorrow, if you're journaling before bed)?



# NOVEMBER AFFIRMATIONS

**I can make  
the world  
better.**

**I am living  
in love.**

**I live in a  
state of  
gratitude.**

**Everything  
that is  
available is  
available to  
me.**

Here's how I will apply these affirmations to my life:

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Create your own affirmations here:

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