



## November Journal Prompts

1. What is your main goal for this month?
2. Ten things you are grateful for?
3. I am grateful to?
4. What do you love about the autumn colours?
5. What traditions do you have for Fall or Thanksgiving?
6. Your favorite Fall evening ritual.
7. What is the best thing you have done this month so far?
8. What's new Fall food or recipe are you going to try?
9. Your favorite Fall childhood memory.
10. What book do you want to snuggle up on the couch with?
11. Best memory about sitting by a fire?
12. Nicest walk you have taken this month.
13. What's your biggest challenge this month?
14. What one business goal do you have?
15. Travel plans for this months.
16. What's your favorite item of clothing that makes you feel cozy and warm?
17. Your best motivational quote.
18. Your Christmas wishes.
19. Your Fall exercise routine is...
20. Five beliefs that help your live a good life.
21. The best piece of advice you received.
22. Top 3 qualities you see in others.
23. An act of kindness you can do to show gratitude this month.
24. Four ways I can be selfless.
25. Something you would change if you could.
26. Your goal for next month – personal and business.
27. Compare this November to last year.
28. Write about one area of nutrition you want to concentrate on.
29. The one thing you did really well this week.
30. Expand on this sentence: There is always something to be grateful for...