



November Journal Prompts

- 1.) **Write:** November goals
- 2.) **Doodle:** November Mood
- 3.) **Write:** What's something you need to start doing that your future self will thank you for?
- 4.) **Doodle:** Your favorite disney character
- 5.) **FREE WRITE**
- 6.) **Photo:** In the mirror
- 7.) **Write:** Make a list of expectations you have for yourself (then ask yourself if/how they might be unrealistic)
- 8.) **Doodle:** Traits of my MBTI
- 9.) **FREE WRITE**
- 10.) **Write:** Describe your ideal date night
- 11.) **Doodle:** I am made of...
- 12.) **FREE WRITE**
- 13.) **Photo:** Colors of the season
- 14.) **Write:** A tradition that makes you feel at home
- 15.) **Doodle:** The lyrics to your current favorite song
- 16.) **FREE WRITE**
- 17.) **Write:** What are you most looking forward to about the holiday season?
- 18.) **Doodle:** The weather today
- 19.) **FREE WRITE**
- 20.) **Photo:** Changes to come
- 21.) **Write:** If you decided to go on a spiritual journey, where would you go and what would you do?
- 22.) **Doodle:** An affirmation
- 23.) **FREE WRITE**
- 24.) **Write:** What's on your Christmas wishlist?
- 25.) **Doodle:** Thanksgiving food
- 26.) **FREE WRITE**
- 27.) **Photo:** I'm grateful for...
- 28.) **Write:** Write an account of your most recent family gathering
- 29.) **Doodle:** November favorites
- 30.) **FREE WRITE**

