

GROUNDHER

November Journaling Prompts

A quiet page for gratitude and the year's quiet turn.

WEEK ONE — NOTICING GRATITUDE

What am I genuinely grateful for this week, beyond the obvious answers?

What small comfort have I been taking for granted lately?

WEEK TWO — WARMTH AND CONNECTION

Who in my life has offered real warmth recently, and have I told them that?

Where do I feel most emotionally warm right now?

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WEEK THREE — LOOKING BACK AT THE YEAR

What's one thing from this year I'm genuinely proud of?

What's one thing I'm still carrying as the year winds down?

WEEK FOUR — GENTLE INTENTIONS FOR WHAT'S LEFT

What do I want the final weeks of this year to feel like?

What's one small thing I'd like to carry into the year ahead?
