



November

30 DAYS OF FALL REFLECTIONS

DAILY PROMPTS TO INSPIRE GRATITUDE, CREATIVITY, AND COZY CONNECTION



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 WHAT'S ONE THING YOU'RE GRATEFUL FOR TODAY? 
2 DESCRIBE YOUR FAVORITE FALL MEMORY. 	3 WHAT DOES YOUR PERFECT COZY DAY LOOK LIKE? 	4 WRITE A LETTER TO YOUR FUTURE SELF. 	5 WHAT'S SOMETHING YOU WANT TO LET GO OF THIS SEASON? 	6 WHAT MAKES YOU FEEL SAFE AND CALM? 	7 CREATE A FALL-THEMED CHARACTER OR SUPERHERO. 	8 WHAT'S YOUR FAVORITE FALL SMELL AND WHY? 
9 WRITE ABOUT A TIME YOU FELT PROUD OF YOURSELF. 	10 WHAT'S ONE THING YOU'D LIKE TO LEARN THIS MONTH? 	11 DESCRIBE YOUR DREAM FALL OUTFIT. 	12 WHAT'S SOMETHING SMALL THAT MADE YOU SMILE RECENTLY? 	13 WRITE A SPOOKY OR SILLY FALL STORY. 	14 WHAT DOES "CHANGE" MEAN TO YOU RIGHT NOW? 	15 WHAT'S YOUR FAVORITE WAY TO RELAX? 
16 LIST FIVE THINGS YOU LOVE ABOUT FALL. 	17 WHAT'S ONE THING YOU WISH GROWN-UPS UNDERSTOOD? 	18 DESCRIBE YOUR IDEAL FALL ADVENTURE. 	19 WHAT'S SOMETHING YOU'RE REALLY GOOD AT? 	20 WHAT'S YOUR FAVORITE FALL FOOD OR TREAT? 	21 WRITE ABOUT A MOMENT YOU FELT REALLY PRESENT. 	22 WHAT'S ONE WAY YOU CAN SHOW KINDNESS THIS WEEK? 
23 WHAT'S YOUR FAVORITE FALL TRADITION? 	24 WHAT ARE YOU THANKFUL FOR THIS YEAR? 	25 WHAT'S SOMETHING YOU'VE LEARNED ABOUT YOURSELF LATELY? 	26 DESCRIBE YOUR DREAM FALL HANGOUT SPOT. 	27 WHAT'S ONE THING YOU WANT TO REMEMBER FROM THIS MONTH? 	28 WRITE A POEM OR SONG ABOUT FALL. 	29 WHAT'S SOMETHING YOU'RE LOOKING FORWARD TO? 
30 REFLECT ON THE MONTH: WHAT SURPRISED YOU? WHAT INSPIRED YOU? 	1	2	3	4	5	6

