November Journal Prompts — 30 gentle questions | November 2027

SHEET 1 · NOVEMBER 1–15

Settling In (November 1–8)

1. Monday, November 1 — November begins. Write about one thing you want this month to hold more of: time, quiet, people, rest.

2. Tuesday, November 2 — Describe the first truly cold (or truly dark) evening of this season where you live. What did you do differently?

3. Wednesday, November 3 — What is one unfinished thing from this year you want to finish gently in November? Name its smallest next step.

4. Thursday, November 4 — Write about a room in your home as it feels in November light. What belongs there now?

5. Friday, November 5 — List five sounds of November where you live: indoors, outdoors, early, late.

6. Saturday, November 6 — Write about a soup, stew or warm drink that means November to you. Who taught it to you, or where did you first have it?

7. Sunday, November 7 — What does a slow November Sunday look like for you now? Describe it hour by hour, loosely.

8. Monday, November 8 — Write about one thing you want to remember about this exact week, before the month speeds up.

Gathering In (November 9–16)

9. Tuesday, November 9 — Write about a person who has carried you through a hard season. Say exactly what they did.

10. Wednesday, November 10 — What is one thing you can give away, lend or share this month? Write about letting it go.

11. Thursday, November 11 — Today is Veterans Day in the US. Write about service, sacrifice or quiet duty — in any life you know, including your own.

12. Friday, November 12 — Write about a letter, message or conversation you are glad you had this year. What did it change?

13. Saturday, November 13 — Describe a walk you take often, as it looks in mid-November. What has changed since October?

14. Sunday, November 14 — What is one small repair — to a thing, a habit or a relationship — you want to make before winter? Start with the smallest part.

15. Monday, November 15 — You are halfway through November. What has this month asked of you so far, and what has it given back?