November Journal Prompts — 30 gentle questions | November 2027

SHEET 2 · NOVEMBER 16–30

Gathering In (November 9–16)

16. Tuesday, November 16 — Write about something you believed at the start of this year that you see differently now.

Gratitude, Up Close (November 17–23)

17. Wednesday, November 17 — Name three ordinary things you are grateful for this week. Write longest about the smallest one.

18. Thursday, November 18 — Write about a meal that gathers people in your life. Who is at the table, and what is talked about?

19. Friday, November 19 — What is one kindness you received this year that you have not yet thanked properly? Write the thank-you here.

20. Saturday, November 20 — Write about your hands in November: what they have made, fixed, held or carried lately.

21. Sunday, November 21 — Describe a November evening from your childhood or an earlier year. What detail comes back first?

22. Monday, November 22 — What are you grateful for that was once difficult? Write about how the feeling changed.

23. Tuesday, November 23 — List the people who made this year possible in small ways. Choose one and write about a single moment.

Thanks & Turning (November 24–30)

24. Wednesday, November 24 — Tomorrow is Thanksgiving in the US. Write about what you want tomorrow (or your next gathering) to feel like — and one thing you can do to help it feel that way.

25. Thursday, November 25 — Thanksgiving Day in the US. Write a gratitude list for this exact year: ten things, big or barely noticeable. If today is an ordinary day where you live, write it anyway.

26. Friday, November 26 — Write about leftovers — of food, of the year, of a plan. What is still good, and what are you done with?

27. Saturday, November 27 — What is one thing this autumn taught you that summer could not have?

28. Sunday, November 28 — Write about the light going early: one good thing the dark evenings make room for.

29. Monday, November 29 — What is one question you want to carry into December? Write about why it matters.

30. Tuesday, November 30 — November ends. Write about one thing this month gave you, and one hope for December.