November Theme: Gratitude + Presence

A month of warmth, connection, appreciation, and finding joy in the everyday.

November Energy + Moments

Moon Phases
- New Moon – Nov 9
- Full Moon – Nov 24

Seasonal Shift
- Daylight Saving Time Ends – Nov 1
- Thanksgiving – Nov 26

Zodiac
- Scorpio → Depth, intuition, mystery
- Sagittarius → Adventure, curiosity, optimism

Cultural Dates
- World Kindness Day – Nov 13
- Transgender Day of Remembrance – Nov 20

Reflection + Intention

Journal Prompt
What helps me feel rooted and present?

Affirmation
I root myself in gratitude and presence.

Creative Challenge

A Little Piece of What You Love
Create a gratitude page using mixed media, warm colors, paper scraps, handwritten notes, photos, and little reminders of the people, places, and moments you appreciate.

Tarot Card

The Hierophant

An invitation to appreciate meaningful traditions, honor the wisdom we've inherited, and create new rituals that feel like our own.



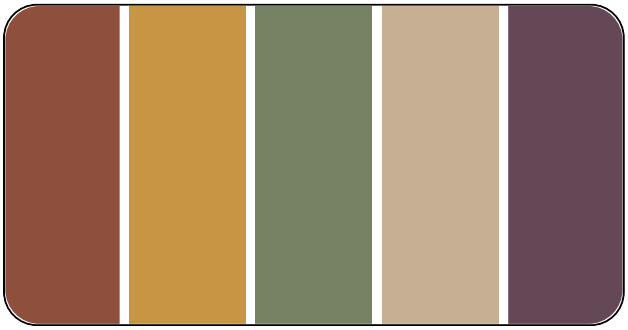
Crystal

Tiger's Eye
A golden stone associated with grounding, confidence, and clarity.



Color Palette

- **Terracotta:** warmth, connection, comfort
- **Golden Ochre:** gratitude, joy, abundance
- **Sage Green:** balance, growth, grounding
- **Toasted Oat:** stability, simplicity, presence
- **Dusty Plum:** reflection, wisdom, intuition




November









