

Hello, Beautiful

A 26-day self-gratitude journal

with love, Priscilla

NOVEMBER 2026

A LOVE LETTER FROM P

Hello, Beautiful,

Welcome to a journey of self-love, discovery, and daily gratitude. This journal is so much more than a place to jot down thoughts; it's a space to celebrate you. Each day, you'll be invited to dive into the unique, wonderful qualities that make you who you are, and to find gratitude for them.

Think of this journal as a daily challenge, not just to love yourself more but to notice the countless ways you already shine. Every page is here to gently guide you with prompts that spark new thoughts, new appreciations, and new realizations about the beauty within you. Whether it's the resilience in your spirit, the kindness in your heart, or the quirks that make you laugh, there is so much within you to love and be grateful for.

Embrace this as a practice, a promise you make to yourself, to honor the light you bring to the world. My hope is that, as you write each day, you'll feel your connection to yourself deepen, and your appreciation for who you are grow stronger and brighter. You deserve all the love in the world, and it starts with the love you show yourself.

With gratitude and love,
Priscilla

xo, P

How this journal works

Use the calendar to map out your month, setting aside days for self-care and random acts of kindness. The Mini Vision Board is your space to plan meaningful acts of kindness you would like to share this month.

Each day brings a different invitation to appreciate yourself. Mondays include a circular morning rituals checklist. On Your Bloom, color the numbered petal for each day you show up. Choose any colors or designs you like.

On November 8, 15, and 22, Tell me more invites you to explore reading, self-care, and traditions. Saturdays offer a weekly review. Creative pauses include an open drawing page, a word search, and a crossword.

At the back, Sprinkle Kindness gives you space to try something kind and reflect on its impact. Puzzle answers are there when you need them.

Missed a day? Skip it or double up. There is no behind here.

For home printing: print at actual size on 7 × 10 inch paper, or fit to your paper size. The Lulu print edition will be prepared separately.

YOUR MONTH AT A GLANCE

November 2026

Thank you for joining me on this journey.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Monday	3	4	5	6	7
8 	9	10	11	12	13 Hello Friday	14
15  Self-care Sunday	16	17	18	19	20	21 
22 	23	24	25	26  Thanksgiving	27	28
29	30					

NOTES

WHAT'S HAPPENING

- Nov 15 • Self-care Sunday
- Nov 21 • Jen & Carter's birthdays
- Nov 26 • Thanksgiving & closing letter



PLAN YOUR KINDNESS

Mini Vision Board

Acts of kindness are contagious, so spread the love! Each small act can inspire another, creating a beautiful ripple effect that reaches far beyond what we can see. Let your kindness spark more kindness, and watch how it brightens the world around you.

What special thing will you treat yourself to this month?

What random act of kindness would you like to share with a stranger?

Is there an organization near you that could use your support or donation?

Leave a note for a random person in a random place.

What is your favorite thing to do this season?

What kind thing will you do for someone you love?

Words, sketches, pictures — make this space your own.



YOUR DAILY TRACKER

Your Bloom

Each morning, color the day's numbered petal. Choose any colors you love. Add patterns, doodles, or little designs to make this flower your own.



Your colors. Your creativity. Your bloom.

One morning at a time.

WEEK ONE

NOVEMBER 1–7, 2026

Seeing Yourself

This week is an invitation to notice what is already worth appreciating about you.



A QUALITY I WANT TO RECOGNIZE IN MYSELF:

_____

_____

Begin where you are. That is already enough.

01

Sunday
November 1, 2026

REFLECT · WEEK 1

Seeing Yourself

Begin where you are. That is already enough.

TOP THREE THIS WEEK

- ○ _____
- ○ _____
- ○ _____

MOOD OF THE DAY

○ low ○ soft ○ steady ○ bright ○ glowing

01 What do you hope this month gives back to you?

02 List the small things in the last 24 hours that made you smile.

-
-
-
-
-

TONIGHT: HOW DID YOUR DAY GO?



02

Monday
November 2, 2026

REFLECT · WEEK 1

Seeing Yourself

Gratitude allows us to see beauty in the present.

GOAL OF THE DAY

MOOD OF THE DAY

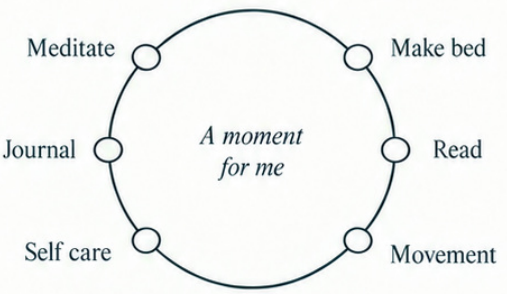
○ low ○ soft ○ steady ○ bright ○ glowing

01 Share one thing you love about yourself.

02 Why is this special to you?

TONIGHT: HOW DID YOUR DAY GO?

MORNING RITUALS





A LITTLE SPACE FOR A DOODLE

03

Tuesday
November 3, 2026

CREATE • WEEK 1

Seeing Yourself

Nourish your soul with love and gratitude.

GOAL OF THE DAY

_____

MOOD OF THE DAY

○ low ○ soft ○ steady ○ bright ○ glowing

I am...

Complete the sentence "I am…" eight different ways. One word or phrase in each space.

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

Which word do you want to carry into tomorrow?

TONIGHT: HOW DID YOUR DAY GO?

_____

_____

DAY
04
LETTER

WEDNESDAY · NOVEMBER 4, 2026

WEEK 1 · SEEING YOURSELF

Sometimes the smallest step in the right direction ends up being the biggest step of your life.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

A thank-you to your younger self



Think of a part of yourself you have grown to appreciate over time.
What would you say to your younger self about this?

Dear younger me,

With love,

TONIGHT: HOW DID YOUR DAY GO?

DAY
05
REFLECT

THURSDAY · NOVEMBER 5, 2026

WEEK 1 · SEEING YOURSELF

Look closely. Your life is full of small gifts.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

Do you have any hidden or maybe not so hidden talents?

Give your talents a little space to be seen. Write or list them on the stage below.

MIND · BODY · SPIRIT

Set an intention for each.

MIND

BODY

SPIRIT

TONIGHT: HOW DID YOUR DAY GO?

DAY
06
CREATE

FRIDAY · NOVEMBER 6, 2026

WEEK 1 · SEEING YOURSELF

Embrace what makes you different. It is what makes you beautiful.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

The beauty I see in myself.

Take a look in the mirror as you journal today.

OUTSIDE
What I see and love.

Add a photo here

INSIDE
What I know and love.

TONIGHT: HOW DID YOUR DAY GO?

SATURDAY · NOVEMBER 7, 2026

Week 1
Seeing Yourself

01 *My best moment this week*

02 *Something I learned about myself*

03 *One word for this week*

04 *What I'm carrying into next week*

Cherish the little victories. They make up the big picture.

A little space for you

Doodle, sketch, write, or simply see where your pen takes you.

There is no right way to fill this page.

HELLO, BEAUTIFUL

WEEK 2 · NOVEMBER 8–14, 2026

Softening

This week is an invitation to meet yourself with kindness, make room for rest, and receive the care you deserve.



A LITTLE KINDNESS FOR MYSELF

What would feel supportive this week?

You can appreciate yourself without asking yourself to do more.

Tell me more...



Make a little time for a book and for yourself.

TOP THREE THIS WEEK

1. _____
2. _____
3. _____

Are you reading anything this month?

TITLE _____

AUTHOR _____

What have you enjoyed so far about this book?

_____

_____

_____

_____

_____

Is there someone you'd like to share this book with when you're done?

_____

_____

_____

_____

_____

_____

Just a suggestion

A book can become a thoughtful gift when it carries a little of you with it. When you finish reading, consider passing it to someone who might enjoy it. Leave a note inside sharing what you loved, or a passage that stayed with you.

xo, P

TONIGHT: HOW DID YOUR DAY GO?

_____

_____

DAY

09

REFLECT

MONDAY · NOVEMBER 9, 2026

WEEK 2 · SOFTENING

Each breath is a gift. Celebrate it.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

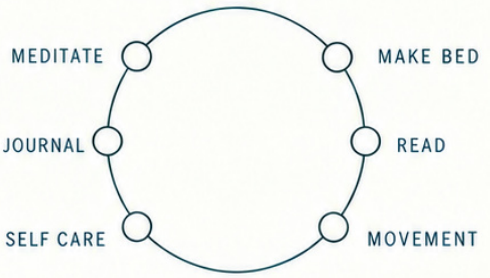
What is something people love about you?

How does that make you feel?

TONIGHT: HOW DID YOUR DAY GO?

MORNING RITUALS

A moment for me.



DAY

10

CREATE

TUESDAY • NOVEMBER 10, 2026

WEEK 2 • SOFTENING

A grateful heart opens doors to endless possibilities.

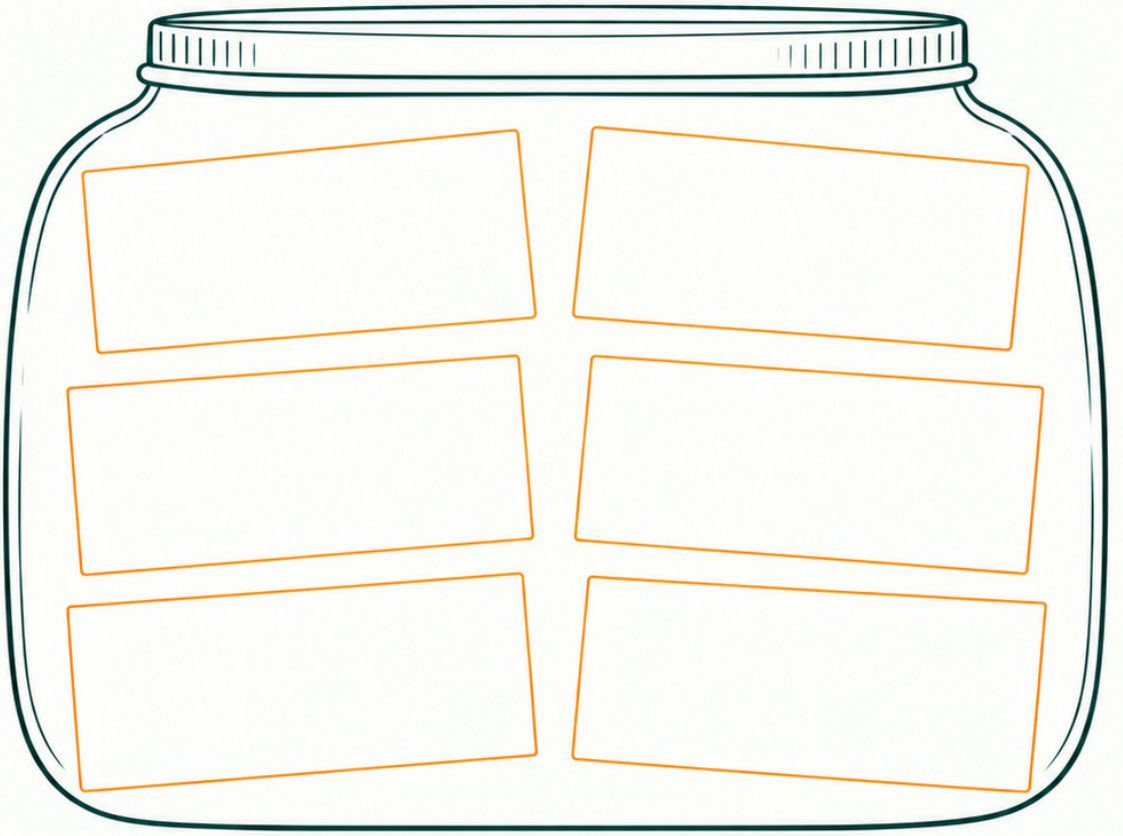
GOAL OF THE DAY

MOOD OF THE DAY

LOW SOFT STEADY BRIGHT GLOWING

My gratitude jar.

Fill the jar. Write one small thing you're grateful for on each slip.



TONIGHT: HOW DID YOUR DAY GO?

DAY
11
CREATE

WEDNESDAY · NOVEMBER 11, 2026

WEEK 2 · SOFTENING

There is room for you to be cared for, too.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

Making room for care

Pause, listen to yourself, and make a little space for what you need.

A kindness I can offer myself

Support I'm ready to receive

Something I can give myself permission to enjoy

TONIGHT: HOW DID YOUR DAY GO?

DAY

12

REACH OUT

THURSDAY · NOVEMBER 12, 2026

WEEK 2 · SOFTENING

People who see you clearly are a gift. Tell them so.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

A little appreciation, shared.

Reach out to three people you appreciate. Share whatever feels right to you. The starters are simply suggestions. Mark each circle once your message is sent.

01 TO _____ SENT ○

_____

02 TO _____ SENT ○

_____

03 TO _____ SENT ○

_____

A LITTLE INSPIRATION

Thank you for…

I think of you when…

You make my life softer because…

_____

How did it feel to reach out?

_____

_____

_____

_____

TONIGHT: HOW DID YOUR DAY GO?

_____

_____

DAY
13
REFLECT

FRIDAY · NOVEMBER 13, 2026

WEEK 2 · SOFTENING

Notice the magic in everyday moments.

GOAL OF THE DAY

MOOD OF THE DAY

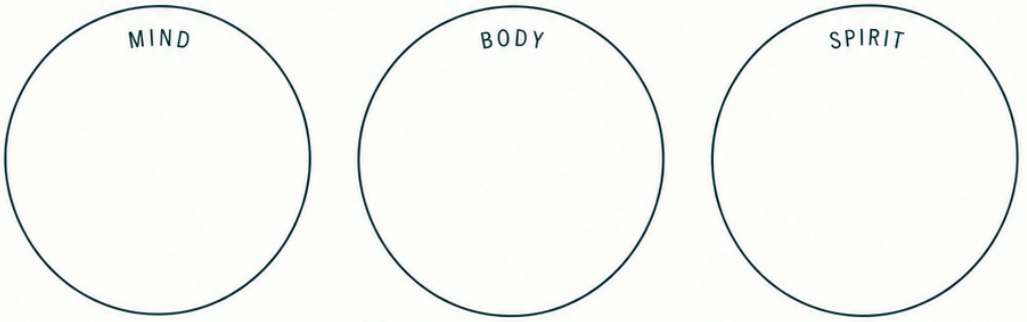
○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

When was the last time you did something for the first time?

Is there anything you wanna try or do before you leave this earth?

-
-
-
-

MIND · BODY · SPIRIT *Set an intention for each.*



TONIGHT: HOW DID YOUR DAY GO?

DAY

14

WEEKLY REVIEW

SATURDAY · NOVEMBER 14, 2026

WEEK 2 · *Softening*

01 *How I showed myself kindness this week, and how I can make it a habit.*

02 *A part of my personality that brought me joy, and how I shared it.*

03 *One word for this week.*

04 *What I'm carrying into next week.*

Allow yourself the space to just be.

A little brain break.

Stretch your mind. See what you can find.

Find 18 words forward, backward, up, down or diagonally.
Read unused letters left to right, row by row, for a reminder.

Y	P	G	E	C	A	R	G	W	N	E	B
O	A	E	E	R	U	A	R	O	S	R	O
R	T	N	A	N	E	E	I	R	T	A	U
E	I	O	C	E	T	S	A	T	I	C	N
C	E	U	C	G	S	L	T	H	L	F	D
E	N	G	E	A	L	T	E	Y	L	L	A
I	C	H	P	R	E	R	H	N	N	E	R
V	E	M	T	U	S	U	O	L	E	S	I
E	O	O	A	O	A	S	P	W	S	S	E
C	E	D	N	C	E	T	E	T	S	O	S
R	E	C	C	S	S	E	N	D	N	I	K
E	I	V	E	C	N	E	S	E	R	P	E

- ○ WORTHY
- ○ ENOUGH
- ○ COMPASSION
- ○ SELFCARE
- ○ BOUNDARIES
- ○ COURAGE
- ○ REST
- ○ TRUST
- ○ PATIENCE
- ○ ACCEPTANCE
- ○ PRESENCE
- ○ EASE
- ○ KINDNESS
- ○ RECEIVE
- ○ GENTLENESS
- ○ STILLNESS
- ○ GRACE
- ○ HOPE

THE HIDDEN REMINDER

— —

A fresh focus can start with a small pause.

NOVEMBER 15 – 21, 2026

Week 3 *Strength*

Notice the strength you already carry.

Strength can be quiet. This week, make room for compassion, recognize what helps you through, and appreciate the ways you keep growing.

What strength would you like to recognize in yourself this week?



Tell me more...



A little care, just for you.

TOP THREE THIS WEEK

1. _____
2. _____
3. _____

What does taking care of yourself look like these days?

_____

_____

_____

_____

Is there something you used to enjoy doing for yourself that you'd like to make time for again?

_____

_____

_____

_____

What would you enjoy doing just for yourself this week?

_____

_____

_____

Just a suggestion

Choose something that feels good to you. It could be a quiet walk, music you love, an early night, or time to create. Let it be something you want, rather than another task to finish.

xo, P

DAY
16
REFLECT

MONDAY · NOVEMBER 16, 2026

WEEK 3 · STRENGTH

Treat yourself with the compassion you offer others.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

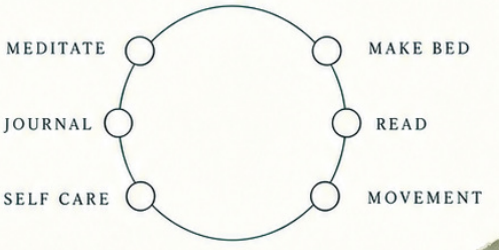
What is something you once thought you couldn't handle, but did?

What did you discover about yourself along the way?

TONIGHT: HOW DID YOUR DAY GO?

MORNING RITUALS

A moment for me.



DAY
17
CREATE

TUESDAY · NOVEMBER 17, 2026

WEEK 3 · STRENGTH

Your everyday efforts deserve recognition.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

Give yourself some credit.

List the everyday things you do that take more strength than people realize.

01

02

03

04

05

You don't have to do something extraordinary to appreciate yourself.

TONIGHT: HOW DID YOUR DAY GO?

DAY
18
LETTER

WEDNESDAY · NOVEMBER 18, 2026

WEEK 3 · STRENGTH

Embrace your journey. It is uniquely yours.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

A letter to you, one year from now.



What is something new you'd like to try in the year ahead? What do you hope you'll remember about this November?

Dear future me,

Yours, always,

TONIGHT: HOW DID YOUR DAY GO?

DAY
19
CREATE

THURSDAY · NOVEMBER 19, 2026

WEEK 3 · STRENGTH

Embrace the magic of ordinary moments.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

The shades of me.

Choose a color or design for each part of you, then give it a word.

HUMOR

STYLE

CREATIVITY

VOICE

JOY

MY SIGNATURE SHADE

Name your signature shade.

What do you appreciate about your sense of humor, style, or creativity? Do you share it with others or express it in your daily life?

TONIGHT: HOW DID YOUR DAY GO?

DAY
20
REFLECT

FRIDAY · NOVEMBER 20, 2026

WEEK 3 · STRENGTH

You don't have to be perfect to be amazing.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

What is a habit or routine you're proud of?

How has it made a positive difference in your life, and what have you learned along the way?

MIND · BODY · SPIRIT

Set an intention for each.

MIND

BODY

SPIRIT

TONIGHT: HOW DID YOUR DAY GO?

Week 3 *Strength*

01

A strength I leaned on this week

02

A small step that turned into a big one

03

One word for this week

04

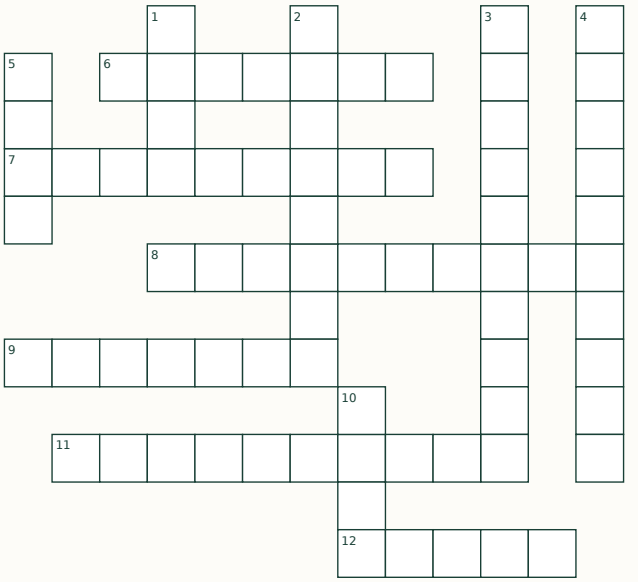
What I'm carrying into the rest of November

Strength is built one quiet morning at a time.

A little brain stretch.

Words for the strength you carry.

Fill in the crossword using the clues below.



ACROSS

6. Acting even when you feel afraid. (7)

7. Doing what is right, even when no one is watching. (9)

8. Limits you set to protect your time and well-being. (10)

9. Firm determination to follow through. (7)

11. Belief in your own abilities. (10)

12. Confidence that someone or something is reliable. (5)

DOWN

1. The belief that something good is possible. (4)

2. Staying calm when progress takes time. (8)

3. The ability to recover after a setback. (10)

4. Care for someone who is struggling, including yourself. (10)

5. Perseverance and passion for a long-term goal. (4)

10. A pause that allows your energy to return. (4)

NOVEMBER 22–26, 2026

Week 4
Embracing

Appreciate the life you're making your own.

This week, notice what feels like you: the people you cherish, the traditions you keep, and the ways you choose to live. Make room for gratitude for yourself, too.

What is something about yourself you've stopped trying to change and started to appreciate?



Tell me more...



The traditions that feel like you.

TOP THREE THIS WEEK

1. _____
2. _____
3. _____

Is there a tradition you look forward to this time of year?

_____

_____

_____

_____

_____

_____

_____

Are there any new traditions you'd like to try?

_____

_____

_____

_____

_____

_____

> *Just a suggestion*
>
> A tradition can be simple. Make a favorite recipe, take a yearly photo, or set aside time with someone you love. Choose something you would enjoy returning to.
>
> *xo, P*

DAY
23
REFLECT

MONDAY · NOVEMBER 23, 2026

WEEK 4 · EMBRACING

Wear gratitude like a cloak, and it will feed every corner of your life.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

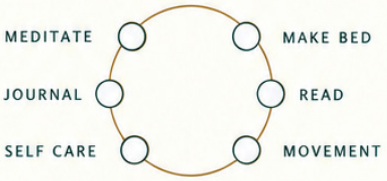
What is something you do your own way, even if others do it differently?

What do you appreciate about that part of yourself?

TONIGHT: HOW DID YOUR DAY GO?

MORNING RITUALS

A moment for me.



DAY
24
LIST

TUESDAY · NOVEMBER 24, 2026

WEEK 4 · EMBRACING

Gratitude is easier to feel when we say it out loud.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

The people who make life softer.

List the people who have made your life softer. Friends, family, teachers, neighbors, or someone whose name you never knew.

-
-
-
-
-
-
-
-
-
-

Circle the one who surprised you most.

MIND · BODY · SPIRIT

Set an intention for each.

MIND

BODY

SPIRIT

TONIGHT: HOW DID YOUR DAY GO?

DAY
25
REFLECT

WEDNESDAY · NOVEMBER 25, 2026

WEEK 4 · EMBRACING

Keep making time to appreciate yourself.

GOAL OF THE DAY

MOOD OF THE DAY

○ LOW ○ SOFT ○ STEADY ○ BRIGHT ○ GLOWING

What I want to keep.

01 What is one way you see yourself differently than you did at the start of this month?

02 What would you like to keep making time for after this journal ends?

03 What do you want to let go of or release?

You can return to these pages whenever you need to.

TONIGHT: HOW DID YOUR DAY GO?

Congratulations, *beautiful.*

Dear beautiful you,

You made time to pause, reflect, and notice yourself. Some pages may have come easily. Others may have asked you to look a little closer. Every honest word belongs here.

I hope you leave these pages with more appreciation for the person you are: your humor, your talents, your kindness, and the strength you bring to everyday life.

As you give thanks today, include yourself. Remember something you have learned, something you enjoy about yourself, and a way you have grown.

You can keep what helped, release what no longer fits, and return whenever you want a moment to reconnect with yourself.

Thank you for spending these mornings here. Keep making room for your own care, curiosity, and joy.

With love,

Priscilla

You are someone worth appreciating.



Sprinkle Kindness

01 Treat yourself today

DATE _____

What did you treat yourself to?

How did this make you feel?

02 Buy someone a treat or cup of coffee

DATE _____

What act of kindness did you share with someone?

How do you think the other person felt about this? How does that make you feel?



03 Make a new friend

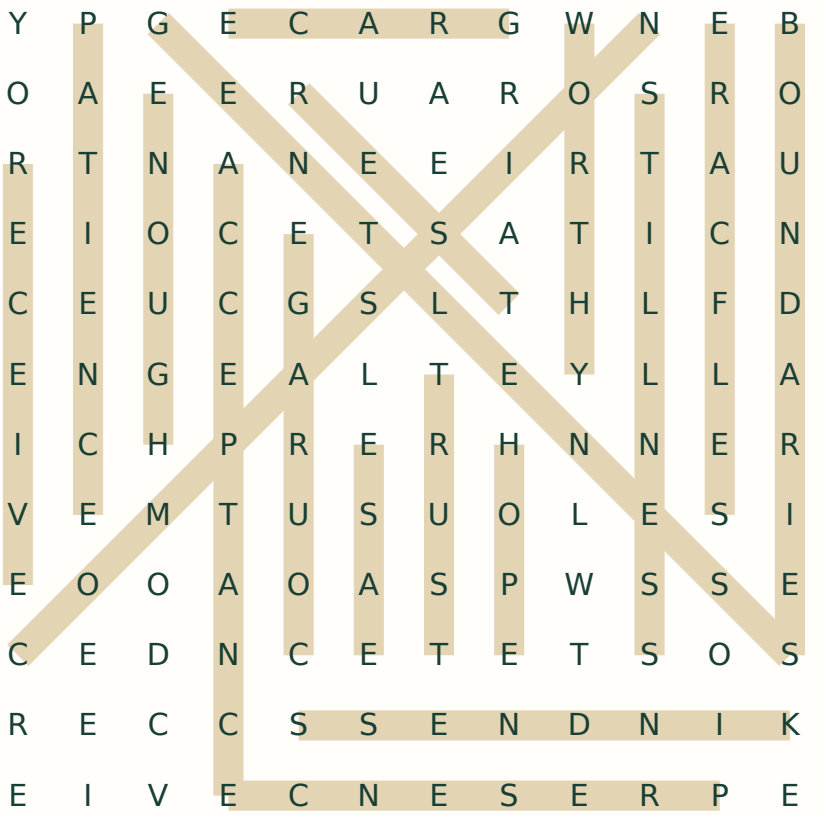
DATE _____

Ask a complete stranger how their day is going & what their plans are for Thanksgiving.

Who did you meet? What did you learn about them?

Word search answers

A little brain break · Week 2



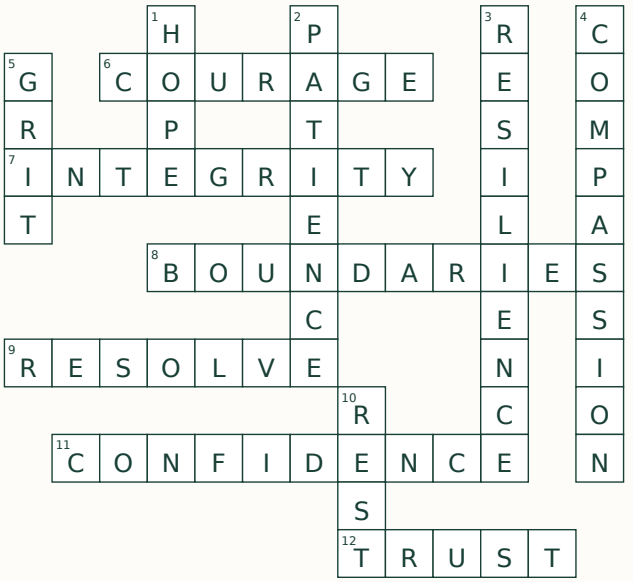
Hidden reminder: You are allowed to receive.

The unused letters read left to right, row by row.

A little brain stretch.

Words for the strength you carry.

Fill in the crossword using the clues below.



ACROSS

6. COURAGE
7. INTEGRITY
8. BOUNDARIES
9. RESOLVE
11. CONFIDENCE
12. TRUST

DOWN

1. HOPE
2. PATIENCE
3. RESILIENCE
4. COMPASSION
5. GRIT
10. REST

Hello, Beautiful

A little time for yourself.
A little more gratitude to carry with you.



with love, Priscilla