NOVEMBER 2026 WORKBOOK

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"November comes, and November goes, with the last red berries and the first white snows." — Clyde Watson

November Mantra:

I embrace gratitude for all I have gathered, honor the wisdom of stillness, and trust the quiet work of becoming.

keywords this month:

Gratitude · Rest · Wisdom · Reflection · Abundance

The themes this month are gratitude, inner wisdom, and sacred rest.

November invites us to slow our pace and turn inward. The vibrant colors of autumn begin to soften, reminding us that rest is as essential as growth. The Sun begins the month in Scorpio, encouraging honest self-reflection and emotional depth. As it enters Sagittarius later in the month, the energy gently expands once more, inspiring hope, curiosity, and a renewed sense of possibility before the close of the year.

This month is about honoring what has been harvested while recognizing that not every season is meant for constant action. November teaches us that there is wisdom in stillness, abundance in gratitude, and strength in allowing ourselves time to restore before the next chapter begins.

My intention for this month is:

Here are three ways I plan to support and grow this intention:

1.

2.

3.

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

When I meet this goal, I will feel:

This will change my life in this way:

Notable dates & energies:

November 1st · Last Quarter Moon in Leo
November 9th · New Moon in Scorpio
November 17th · First Quarter Moon in Aquarius
November 22nd · Sun enters Sagittarius
November 24th · Full Moon in Gemini

Journaling prompts for November:

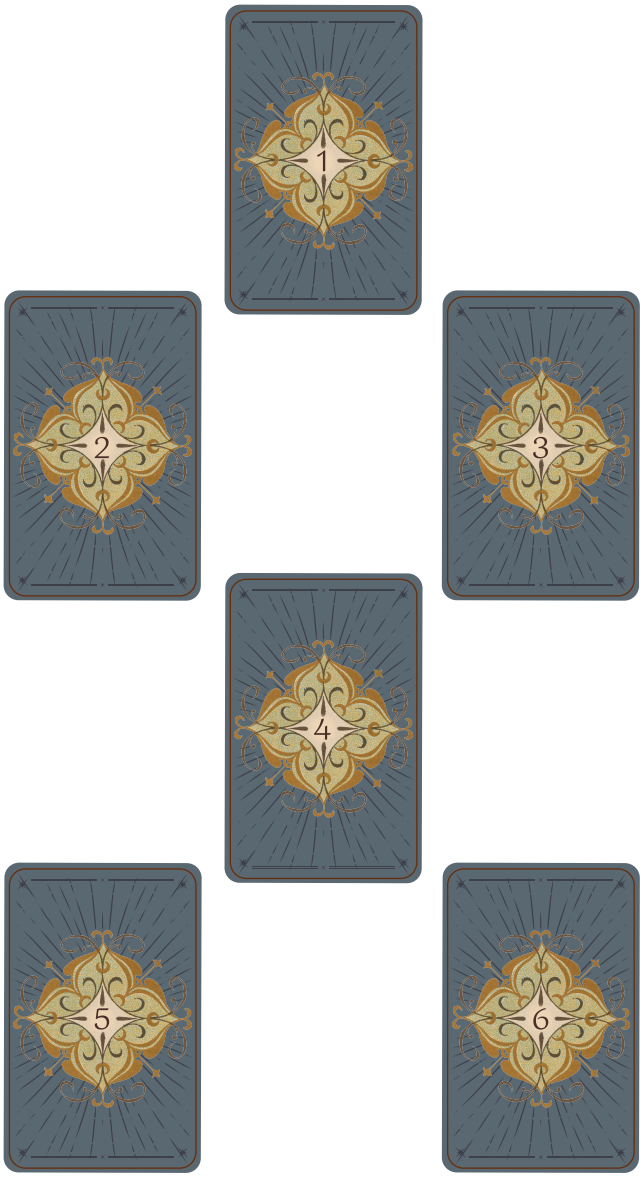
- What am I most grateful for in this season of my life?
- Where am I being invited to slow down and rest?
- What wisdom have I gained through this year's challenges?
- What foundation am I strengthening before the year comes to a close?
- How can gratitude become a daily practice rather than a passing feeling?

NOVEMBER TAROT SPREAD

The Quiet Season Spread

meanings

1. The Stillness • What is asking me to slow down and receive my attention?
2. The Reflection• What has this year taught me about myself?
3. The Comfort • What brings me peace and helps restore my energy?
4. The Gratitude • What blessing have I overlooked that deserves recognition?
5. The Wisdom • What lesson am I ready to carry into the months ahead?
6. The Light Within • What inner strength will guide me through the darker season?



This layout mirrors the energy of November:

- **Top (1)** = the invitation to pause
- **Middle (2 & 3)** = reflection balanced with restoration
- **Center (4)** = gratitude at the heart of the month
- **Bottom (5 & 6)** = the wisdom you've gained and the inner light you'll carry into winter

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