

November Workbook

"In the depth of winter, I finally learned that
within me there lay an invincible summer."
— Albert Camus



November

Mantra:

I carry the wisdom of the dark months with me. I honor my
roots, cultivate gratitude, and trust the path unfolding ahead.

keywords this month:

Gratitude · Stillness · Wisdom · Roots · Renewal

The themes this month are gratitude, stillness, and wisdom. November calls us into the quiet after Samhain's threshold, when the ancestors have been honored and the veil gently closes again. Scorpio season continues to teach us the beauty of endings, while Sagittarius season sparks hope, curiosity, and vision for what lies ahead. This is a month for stillness, gratitude, and leaning into the wisdom that grows in darkness.



My intention for this month is:

Here are three ways I plan to take action toward this goal:

1.

2.

3.

"Gratitude turns what we have into enough." — Aesop





When I meet this goal, I will feel:

This will change my life in this way:

Notable dates & energies:

Nov 1 • Day of the Dead / All Saints

The energy of remembrance lingers. A good day to keep the ancestor altar alive with offerings of light, food, and prayer.

Nov 5 • Full Moon in Taurus

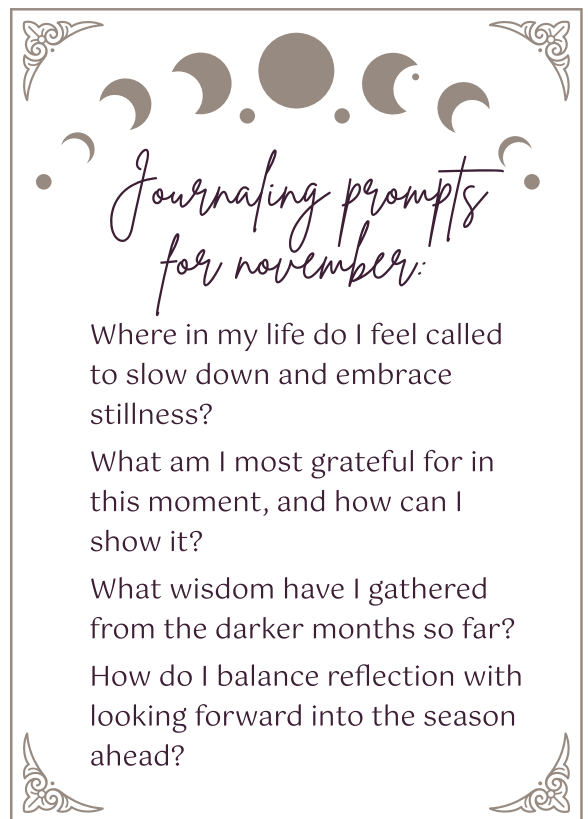
This lunar peak asks us to slow down, savor the moment, and reflect on what sustains us. Themes of security, embodiment, and gratitude shine.

Nov 20 • New Moon in Scorpio

An invitation to dive inward. Set intentions for shadow integration, deep healing, and cycles of transformation.

Nov 22 • Sun enters Sagittarius

The spark of fire returns as Sagittarius season begins. Optimism, vision, and a desire for expansion guide the weeks ahead.



Journaling prompts
for november:

Where in my life do I feel called to slow down and embrace stillness?

What am I most grateful for in this moment, and how can I show it?

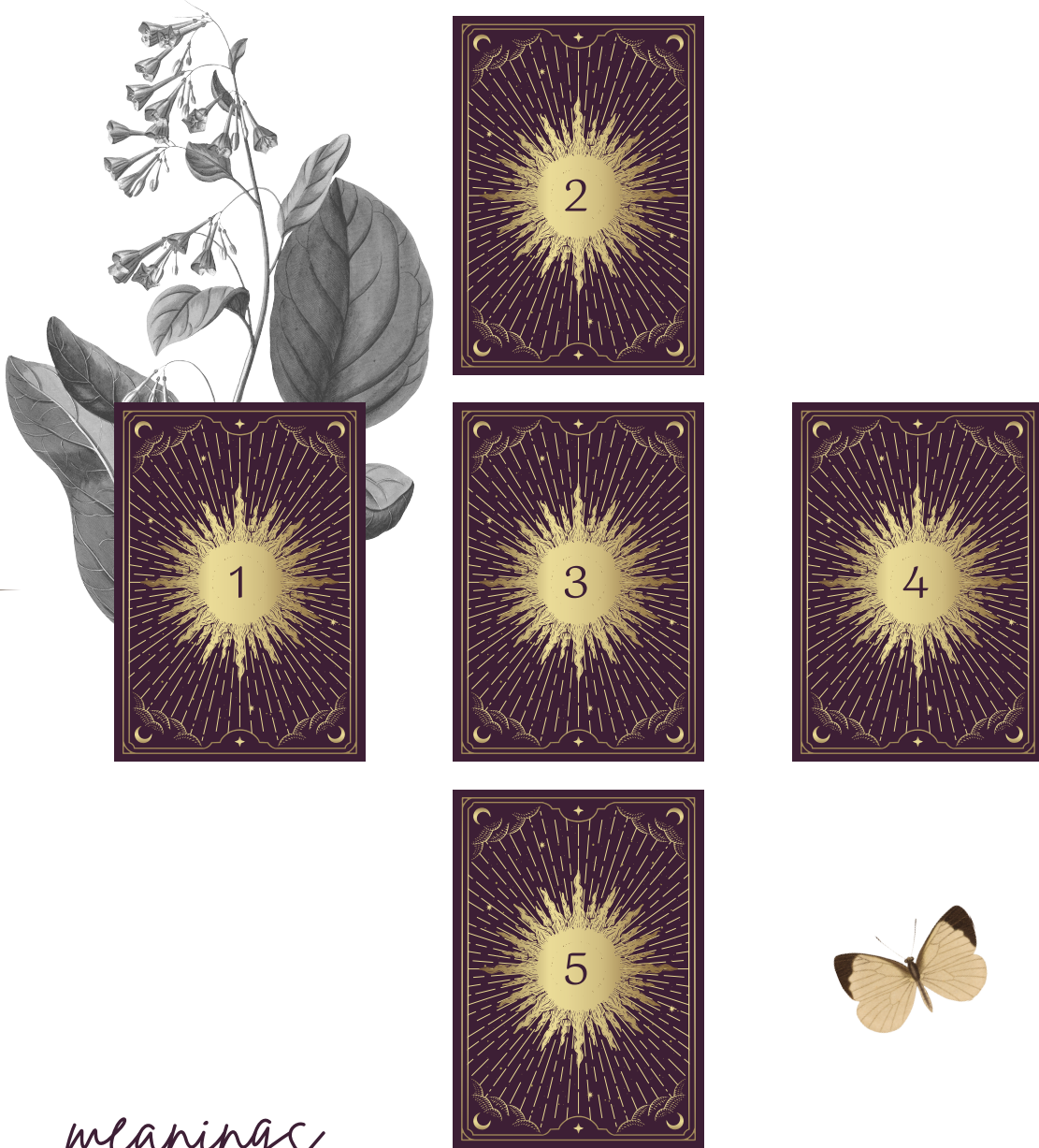
What wisdom have I gathered from the darker months so far?

How do I balance reflection with looking forward into the season ahead?

November Tarot Spread

the Roots & Renewal Spread

A 5-card spread to help you root into gratitude, embrace stillness, and prepare for renewal as winter draws near.



meanings

What wisdom am I carrying from my roots or ancestors?

Where in my life do I need to slow down and be still?

What am I being asked to release to make space for gratitude?

What new vision or spark is ready to be born?

How can I honor the cycles of both darkness and renewal?