

Hello, November!

Be sure to join our Re-Entry Relaunchers Unite! Facebook community for support and inspiration!

<https://www.facebook.com/groups/smallplanetstudio/>

The **#GlobalYou365 Challenge** is meant to spark reflection on who you are and what you want, now that you've been abroad.

This self-knowledge will give you a clearer vision for creating your ideal global life at home and abroad. This challenge is intended to be simple and fun, and there's no right or wrong way to do it. So have fun with it and enjoy the process!

- On the first of the month, start with prompt #1. There's one prompt for each day of the month.
- To have easy access to the daily prompts, print out this page, cut out the list of prompts to the right, and then tape the list to a page in your journal.
- There are unlimited ways to respond to the daily prompts. Write a paragraph, make a list, jot down keywords, doodle...go simple or get creative. Your choice!
- At the end of the month, look back at what you wrote. What themes or patterns do you see? What are you learning about yourself? Jot down your observations on a page in your journal.

Small Planet Studio is a personal and professional development company that helps global adventurers find their next global adventure at home or abroad and create a global life they love no matter where they are in the world.

Join our Facebook group >> <https://www.facebook.com/groups/smallplanetstudio/>

Cut on the dotted line →

#GlobalYou365 // November

Let's do something a little different this month!
Let's use November to focus on all of the things that we're grateful for - big and small.

Expressing gratitude can improve your physical and emotional health, enhance empathy, improve self-esteem, increase mental strength, and even help you sleep better.

Here's the challenge for November: write down one thing each day that you're grateful for.

Have a great November!

#GlobalYou365
www.SmallPlanetStudio.com