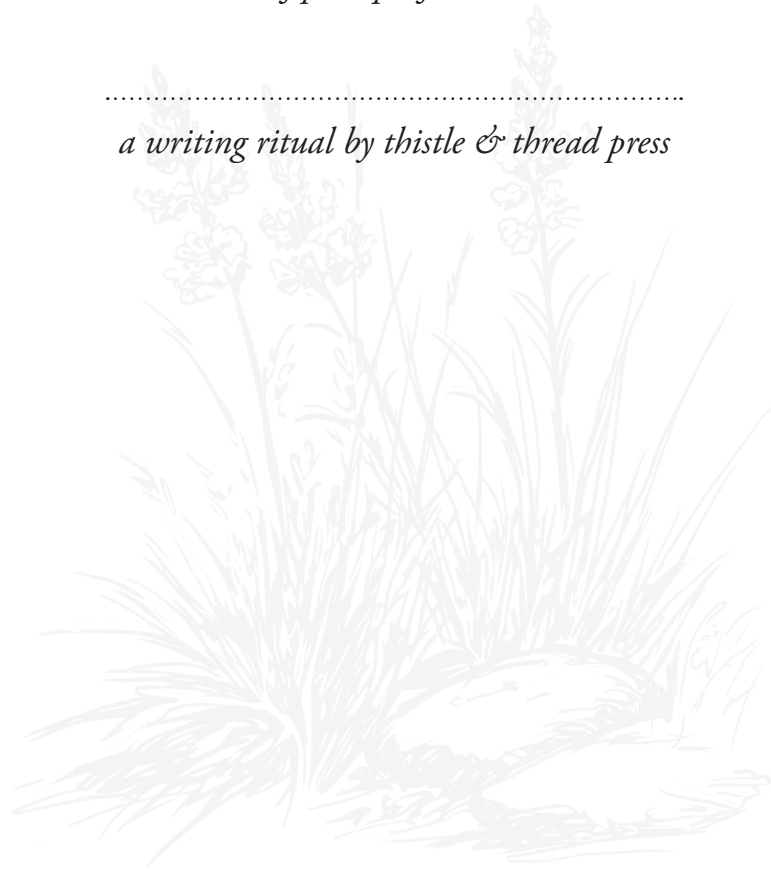


# FIELD NOTES FOR NOVEMBER

*a month of prompts for bitter thanks*

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*a writing ritual by thistle & thread press*



1. What didn't survive the harvest—but you kept anyway?

*2. scorched kettle | last frost's fingerprint | grief in a borrowed bowl*

3. What part of you goes quiet when they enter the room?

*4. mother's ring on your finger | hush beneath linoleum | pot never brought to boil*

5. When did gratitude last feel honest in your mouth?

*6. rust-thick water | the hymn they never finished | steam rising from cracked tile*

7. What habit have you inherited without realizing it?

*8. salt around the doorframe | hands that never warmed | slivered apples in a sack*

9. What weight that you carry is not your own?

*10. burnt sugar crust | the quilt you folded wrong | something scratching in the ductwork*

11. What truth have you buried?

*12. her name still in the spice jar | unopened envelope | kitchen light that flickers at dusk*

13. Who would you invite to dinner if absence wasn't real?

*14. cold flour hands | the silence before grace | wind through the slats*

15. What have you learned to love only in its absence?

*16. glassy-eyed saints | staring out the window | a chill to the bone*

17. What are you trying to keep alive that's already gone?

*18. jar of memories | thankless thank you | wilted raindrops*

19. What parts of yourself do you silence to keep the peace?

*20. moth bite clothing | a broken house | lukewarm feelings*

21. What does tradition ask you to forget?

*22. canned apology | rattle in the stovepipe | sugar hardened in the bowl*

23. Who are you when the gatherings end?

*24. snapped wishbone | draft through the floorboards | stillness before the oven hums*

25. What did you sacrifice for the comfort of others?

*26. hunger behind your smile | steam-slick mirror | the coat you never returned*

27. What is November asking you to let go of?

*28. brittle hearth | dust on the family photo | the spoon left out overnight*

29. Where does your gratitude turn brittle?

*30. lightless hallway | bruised hymn | your name written on a cold window*

## Field Notes – Final Entry

*write to the version of you who began this calendar*



