CHECKLIST

Daily birdwatching mindfulness checklist

- [ ] Pick one area and watch it for two full minutes without shifting your gaze
- [ ] Choose a single common species to look for on your walk
- [ ] Close your eyes for one minute and count the different bird sounds
- [ ] Walk slowly enough to hear your own footsteps
- [ ] Name three things you noticed even on days when you saw few birds
- [ ] Record what you heard in a small notebook, even if you cannot name the species yet