CHECKLIST

Your first week of nature journaling

- [ ] Choose a notebook you already own and keep it by your door
- [ ] Walk to the nearest green space and sit for a few minutes
- [ ] Write the date, location and weather at the top of the page
- [ ] List several things you can see, hear or feel right now
- [ ] Write one line about how you feel at this moment
- [ ] Note any connection between what you noticed and how you feel
- [ ] Return to the same spot the next day and repeat