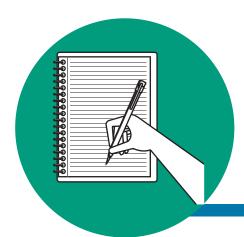


Nature does not hurry, yet everything is accomplished.
- Lao Tzu

Name:	Date:	
Location:	Time:	



## Observation Journal: Nature-based mindfulness

Find a location outside or by the window. Sit and observe quietly for a set time (15 to 30 minutes).

What do you see? Hear? Smell? Feel?		

Draw a picture of what you see.
What changes do you observe compared to the last time you visited this
spot? Are there changes in shadows, budding trees, flowers blooming,
weather, or wildlife behavior?
Note your observations below.