Sit spot journal

What I noticed today

Name _____ **Date** _____

Where is my sit spot? _____

Weather

Time _____ **Temp** _____

Wind direction & speed _____

Sunrise _____ **Sunset** _____

Sky ◯ sunny ◯ sun & cloud ◯ cloudy ◯ rain ◯ snow ◯ fog

Moon  circle today's moon

What I noticed in nature

Sounds, birds, animals, plants, movement, smells, changes since last time. Sketch or write.



Enjoy your sit spot

Sit spot journal

What it means to me

Name _____ **Date** _____

My intention today

Why am I here? What am I hoping to notice?

What I noticed within me

Feelings, thoughts, body, energy.

What is this telling or teaching me?

Where do I see this reflected in my life?

Questions I'm wondering about

Things to pay attention to next time



Enjoy your sit spot

re-wild