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# Nature Journal

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A 30-Day Guided Journal



Hybrid

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Fill in the top section with your location, time, weather, sky condition, and temperature feel
  - In "I Notice" write everything you observe — colors, shapes, textures, movement
  - In "I Wonder" turn observations into questions — don't worry about answering them
  - In "It Reminds Me Of" draw connections to memories, other species, or things you've read
  - List specific species you saw and sounds you heard
  - Use the sketch section for quick drawings with labels — artistic skill is not required



Scan for a detailed guide on how to use this journal

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Sky condition: \_\_\_\_\_

Temperature feel (1-5):  1  2  3  4  5



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