

# How to nature journal



Like a personal journal or diary, a nature journal is a place to record our observations and to reflect on them, but unlike a diary, a nature journal is used specifically to record our observations of, and thoughts on, nature.

## Without: Week 1

First, make observations about what you see outside of yourself (without). What calls to you in nature? That will become your subject for one month. It can be a particular sacred element like Water or Air (the rain or wind), a plant, animal, insect, mineral, or simply observing your surroundings as they change throughout the seasons.

Next, draw the subject. Try learning and labeling its anatomy or other details. Track the seasonal changes in your subject. Include a specimen of the subject if possible.

## Within: Week 2-4

Then, explore the deeper meaning behind why you were called to this subject on a weekly bases. Does it have any synchronicity or corresponding meanings in your life? Record what you find within.

Week 1



# My Natural World

## Without

MONTH:

SEASON:

TIME OF DAY:

What do I see? (subject)

What color is it?

What was its size?

Did it make a sound?

Where does it live?

Does it move? How?

How does it get energy?

Does it prefer night or day?

What does it feel like?

Does it have a scent?

What is the weather like?

What other observations can you note?

Season/elemental/correspondences:

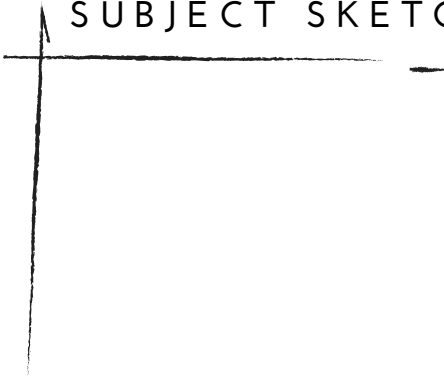
# My Natural World

Week 1

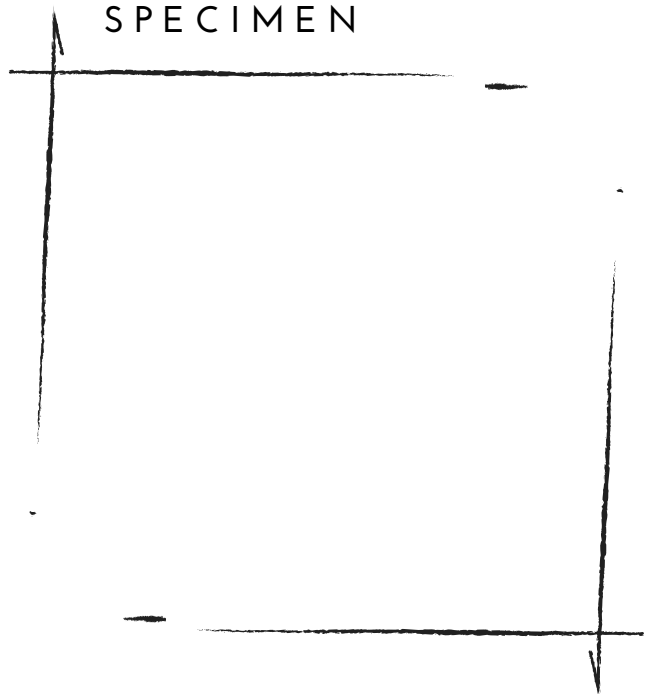


## Without

SUBJECT SKETCH



SPECIMEN



Week 2



# My Natural World

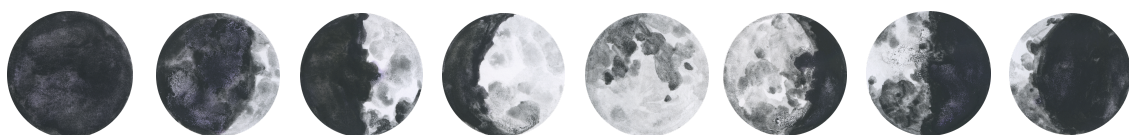
## Within

What memories do I have about this or something similar and how did it make me feel?

What does this represent that may not be obvious?

Where have I seen this before? Where does this show up over and over again?

### MOON PHASE



Week 3



# My Natural World

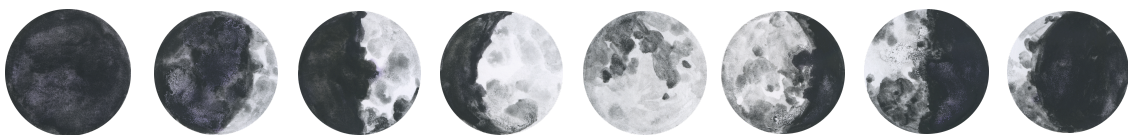
## Within

What memories do I have about this or something similar and how did it make me feel?

What does this represent that may not be obvious?

Where have I seen this before? Where does this show up over and over again?

### MOON PHASE



Week 4



# My Natural World

## Within

What memories do I have about this or something similar and how did it make me feel?

What does this represent that may not be obvious?

Where have I seen this before? Where does this show up over and over again?

### MOON PHASE

