



AUTUMN WALK JOURNAL



noticing the beauty in every step



DATE: ____/____/____

LOCATION: _____

TODAY'S WALK IN THREE WORDS



WHAT I SAW 

Sights, wildlife, colours, patterns

WHAT I HEARD 

*Birdsong, rustling leaves,
wind, sounds of nature*

WHAT I SMELLED 

*Fresh air, woodsmoke,
fallen leaves, earth*



MOMENTS TO REMEMBER 

Little moments that made me smile

HOW I FELT

Before, during and after my walk

Before _____

During _____

After _____



I AM GRATEFUL FOR 

Three things from today's walk

- ♥ _____
- ♥ _____
- ♥ _____

A PHOTO IN MY MIND

A moment I want to hold on to



There is no such thing as bad weather, only the wrong clothes.

— ALFRED WAINWRIGHT —