



THINGS I *Noticed Today*

*The little details make the
most beautiful memories.*

DATE:

LOCATION:

WEATHER TODAY



I SAW...

*People, animals, birds, insects
or anything that caught my eye.*



I HEARD...

*Sounds of nature, voices,
birdsong or the wind.*



I SMELLED...

*Scents in the air
or on the ground.*



I FELT...

*The textures, the temperature, the breeze
or how today made me feel.*



I NOTICED COLOURS...

*Shades, patterns and
beautiful little details.*



MOMENTS TO REMEMBER





I AM GRATEFUL FOR...



♥ _____
♥ _____
♥ _____
♥ _____
♥ _____

*There is so much beauty all around us
when we take time to notice.*

