



AUTUMN WALK

Reflections

*Take a moment to pause, breathe
and reflect on your walk.*

DATE: _____

LOCATION: _____

TODAY I FELT...

Peaceful

Grateful

Happy

Thoughtful

Tired

Other _____



THREE BEAUTIFUL THINGS I NOTICED

1. _____
2. _____
3. _____



SIGHTS, SOUNDS & SMELLS

I saw... _____

I heard... _____

I smelled... _____



HOW DID THE WALK MAKE ME FEEL?



A MOMENT I WANT TO REMEMBER



WHAT I APPRECIATE MOST
ABOUT THIS SEASON



A THOUGHT TO TAKE WITH ME



NOTES & DOODLES



In every walk with nature, one receives far more than he seeks.

— JOHN MUIR —