

Journal Writing Prompts

Date:

Sacred Silent Walk:

- How did you feel in your mind and in your body before you began?
- Did any colors stand out to you the most? If so, which ones and why?
- Did you hear any natural sounds that caught your attention? What was it?
- Did the clouds have any shapes to offer you?
- Did you find a special plant or rock that caught your eye? What was it?
- How did you feel in your mind and in your body when you finished?