

Journal Writing Prompts

Date:

Physical Messages from Nature

- Does a specific color or texture stand out to you?
- Does a fragrance catch your attention?
- Does a specific flower, tree or rock stand out to you?
- Is there a specific sound that you notice?
- Does an animal cross your path or act unusually?
- What stands out to you the most?
- Where were your thoughts when you noticed a sign or element in nature stand out?
- What does the element mean to you? Does it already carry some sort of significance?
- What is your first impression?
- Does it mean something to you?
- Does it stir up some sort of emotion?
- What have you been focusing on a lot over the past few days, a life question or problem?
- Are you starting something new?
- Are you worried or concerned about a decision you've just made or are about to make?

Exercise & Journal Prompt

Date

Cloud Messages

Look into the sky, are there clouds? If so, find somewhere comfortable to sit or lay down.

Close your eyes and think of a question or a problem you are having.

Ask the sky and cloud spirits to help you find an answer.

When you are ready, open your eyes.

- Do you see any shapes? If so, what are they?
- What do they mean to you?
- What is your first instinct about the shape?
- Does it elicit an emotional response?