



Quiet Time Journal Sheet

DATE AND LOCATION:

DATE:

LOCATION:

WEATHER:

MINDFUL OBSERVATION:

FLORA AND FAUNA: Sketch or describe any plants, animals, or insects you observe.

SENSORY EXPLORATION:

VISUAL: What do you see around you? Any specific colors, shapes, or patterns?

AUDITORY: Close your eyes. What sounds do you hear?

OLFACTORY: What scents are you able to identify?

TACTILE: Describe the textures you feel (e.g., grass, bark).

CHANGING SCENERY: Note any changes in light, weather, or surroundings during your time.

SPIRIT:

Is there anything you need to talk to God about?

What is your prayer for today?

REFLECTIONS:

GRATITUDE: List three things in nature you're grateful for today.

- 1.
- 2.
- 3.

CONNECTIONS: How do you feel connected to the environment around you?



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MINDFUL MEDITATION:

BREATHING: Describe the rhythm of your breath. Is it deep, shallow, fast, or slow?

PRESENCE: How does being fully present in this moment feel to you?

PERSONAL INSIGHTS:

LEARNINGS: Did you discover anything new about nature or yourself?

CHALLENGES: Were there moments of discomfort or challenge during your quiet time?

IMAGINATIVE EXPLORATION:

NATURE'S MESSAGE: If nature could speak to you, what would it say today?

DREAM LANDSCAPE: Describe a natural landscape where you'd love to spend time.

CLOSING THOUGHTS:

TAKEAWAYS: What will you carry with you from this quiet time experience?

NEXT VISIT: Is there something specific you'd like to explore or focus on next time?

SKETCHES AND DOODLES: Use this space to freely draw, doodle, or color anything that inspired you during your quiet time.
