

MINDFULNESS JOURNAL

Embrace pura vida and observe what you see, hear, smell, taste, or feel. Jot down a few notes along the way.

- 1 Nature has seasons of growth, dormancy, decay, and renewal. Which season of your own life do you feel you are in right now? What makes you say that, and what might this particular season be asking of you?
- 2 Think about something in nature that changes slowly, for example a tree growing, a shoreline shifting, a season changing. What does its pace make you reconsider about the pace you expect yourself to live at?
- 3 Nature doesn't apologize for taking up space. What would it look like for you to take up space more fully in your relationships, your work, your creativity, or your everyday life?
- 4 Where do you feel the most connected to nature? Why?
- 5 Not everything in nature is meant to last forever. How does impermanence change the way you think about the people, places, experiences, or seasons of life that you value most?
- 6 The ocean can be both powerful and peaceful without needing to choose one or the other. Where in your life are you holding two seemingly opposite qualities at once?
- 7 What are you grateful for? How do you express gratitude?