

Observe

I notice ...

I wonder ...

It reminds me of ...

Scope

Zoom out,

Zoom in.

Record

Words

Pictures

Numbers

Metadata

Date & Time

Location

Temperature

Sky

Wind

Intentional Curiosity

What?

When?

Where?

Who?

Why?

How?

Descriptions vs Explanations

Descriptions record what you observe.

“Leaves toward the stem are yellowish green”

Explanations tell something about your observations.

“Leaves toward the stem are older”.

The **purpose**
of **journaling**
is the
activity itself.

