

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.