

# Leaves

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## Objective

Go outside. Look outside. Be outside in nature.

1. Look and be aware of what you see or do not see
2. Journal your first thoughts
3. Become intentionally connected to what you think

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## Materials

Absolute simplicity

- Journal and pen or pencil
- Camera, if you find leaves that you want to capture as an image

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## Procedures

1. Print or file this PDF
2. Invite yourself for a walk.
  - Clear your mind before you walk
  - Look only for leaves
  - Write about them as soon as you are aware that you have noticed them. i.e. where are they? have you noticed them before? what does it smell like? are they being cared for? etc. etc. etc.
  - Throughout the month take a look at what you wrote. Add to it from your memory of the walk and the time you had the experience. Capture the changes in your thoughts as they occur or be at peace when change is not immediately obvious? This is an exercise in what is going on around you. Look for more.

It is my heart's desire to gently awaken you to the smallest of details in life.

Enjoy the journey.

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