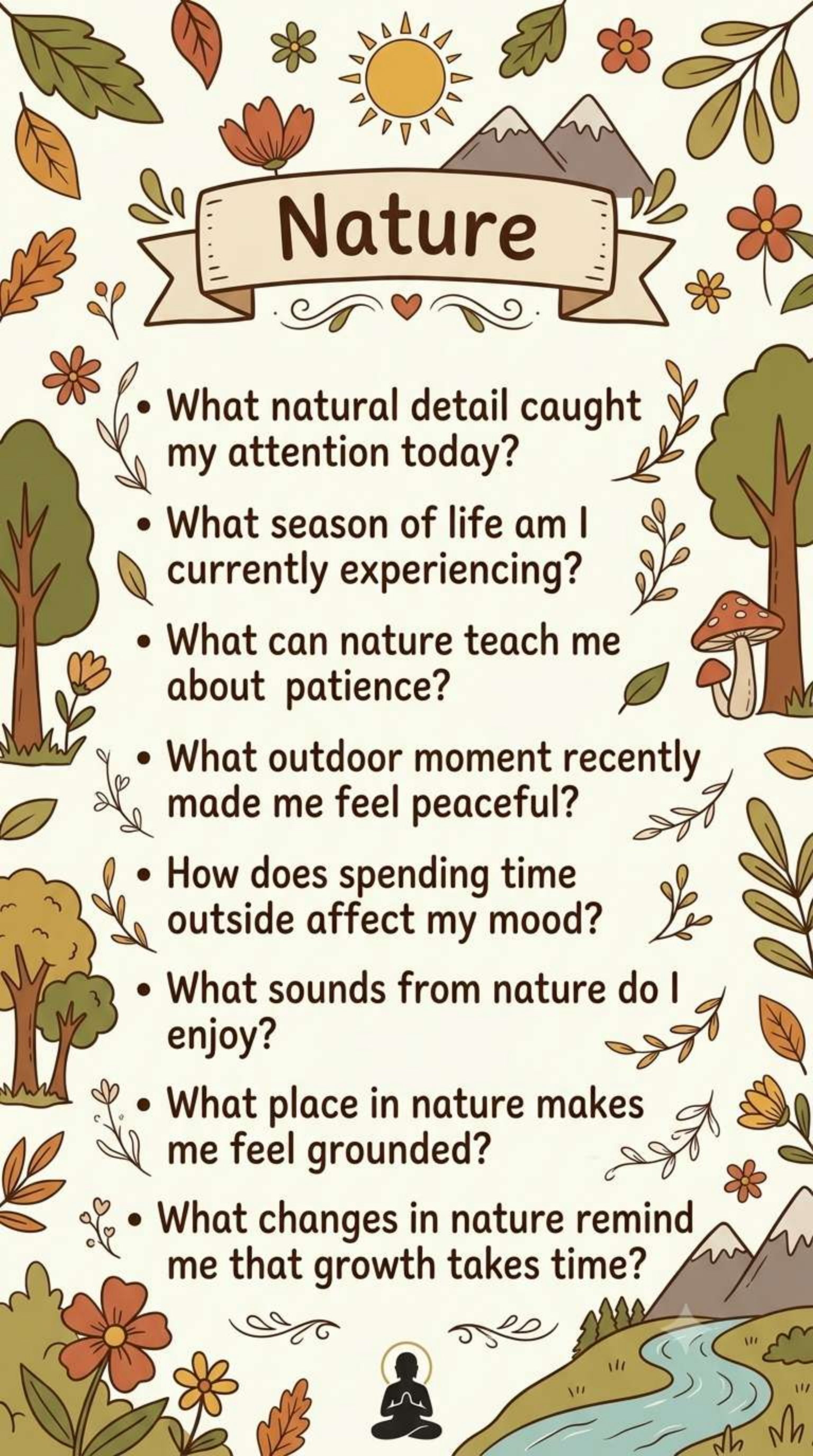




Nature

- What natural detail caught my attention today?
- What season of life am I currently experiencing?
- What can nature teach me about patience?
- What outdoor moment recently made me feel peaceful?
- How does spending time outside affect my mood?
- What sounds from nature do I enjoy?
- What place in nature makes me feel grounded?
- What changes in nature remind me that growth takes time?