

ROOTED IN OBSERVATION: THE GARDEN JOURNAL

WORKSHEET & PRESENTATION NOTES

1. What is a (garden) journal?

2. What would my motivation be to start or renew journaling?
 - I already keep this type of journal:

3. What purpose would my journals have? (CIRCLE ALL THAT APPLY)
 - Capture Ideas
 - Be Productive
 - Recall
 - Repeat Successes, not Failures
 - Organize
 - Set Mood/Intention
 - Dream & Goal Setting
 - Recap Day/Year/Project
 - Other:

4. Might I enjoy the process of writing a journal?

5. Garden topics I might like to journal about:

6. Journal formats I might like to try (CIRCLR ANY):
 - blank, bound notebook
 - calendar style
 - cahier/lined notebook
 - bullet journal
 - loose leaf in binder
 - photographic
 - smart phone ideas
 - charts/tables on computer
 - commercially available with guided prompts
 - other:

7. If I have kept a journal before, what did I like or not like about it or the format I was using?

8. Journal supplies that appeal to me (CIRCLE ANY):

- loose leaf lined paper (color & pattern) or grid
- pre-made, blank calendar pages
- Tops Docket Gold project planning pads
- other:

9. Other loves/talents of mine I can use in journal creation:

10. Action items for my journal process going forward:

PRESENTATION & MISC. NOTES: