

NATURE JOURNAL EVAL

Take a pause, breathe deeply, and connect with the present moment. This evaluation is designed to help you reflect on your Nature Journal experience so far, how has it helped you grow?

(Day):

(Month):

(Year):

WHEN IM
NATURE
JOURNALING I
FEEL... (5 - 7
SENTENCES)

I WANT TO GET
BETTER AT...
(5-7
SENTENCES)

Rank your...

SELF-CARE ☐ ☐ ☐ ☐ ☐

NUTRITION ☐ ☐ ☐ ☐ ☐

FITNESS ☐ ☐ ☐ ☐ ☐

SLEEP ☐ ☐ ☐ ☐ ☐

PRODUCTIVITY ☐ ☐ ☐ ☐ ☐

From my NJ I am most proud of,
why?
