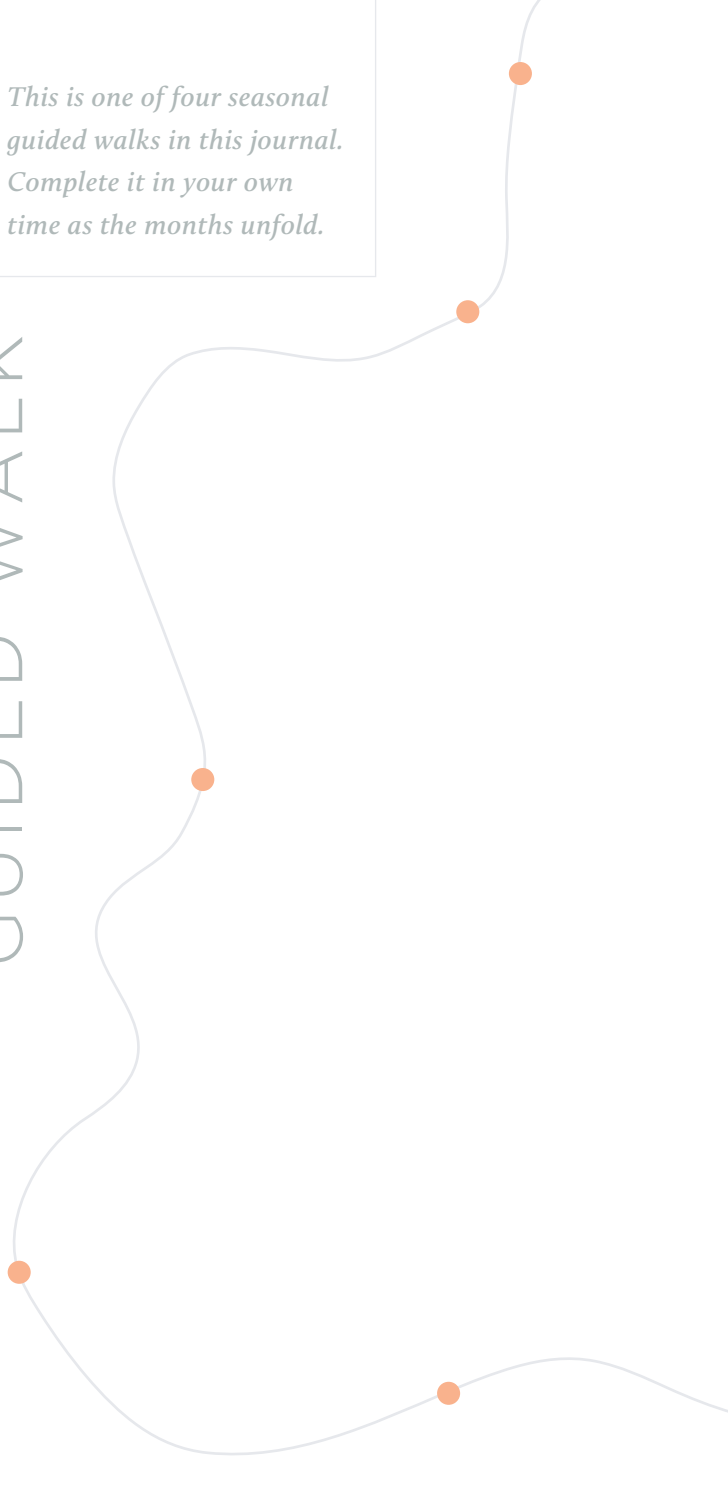




GUIDED WALK

This is one of four seasonal guided walks in this journal. Complete it in your own time as the months unfold.



What **COLORS AND SMELLS** do you associate with autumn?

What autumn **MEMORY OR IMAGE** has made an impression on you?

What **FEELINGS** does autumn evoke for you?

If you associated a particular **WORD OR THEME** with autumn, what would it be?

GO FOR A WALK—as long or short as you have time for—and search for signs of these colors, smells, and feelings. Where do you find them? How do you feel once you've returned home?

