

Wonder Journal Exercise

Take 5 minutes to go outdoors to lie down and look up at the sky. Write thoughts down for each step of “seeing” as you look at the sky.

Look <i>What are the first things that catch your eye?</i>	
Observe <i>Look closely at colors, lines, shapes, space, texture, and other characteristics.</i>	
See <i>Pay attention to balance, movement, variety, proportions, harmony, and make connections.</i>	
Describe <i>What patterns did you notice? Feelings?</i>	
Analyze <i>What meanings and ideas come to mind?</i>	
Interpret <i>What does what you see tell you about God? About you? About the world?</i>	