



JOHNMUIRLAWS.COM/WILDWONDER

30-DAY Challenge

let's do this together!

thanks to all those who contributed ideas

Write about your nature journaling intentions for september.	seasonal	3 blind contour drawings 3 minutes	nearby nature	something you are going to eat
change/ process	all your senses	multiple languages	watercolor first	3 blind contour drawings in 1 minute
look up the art of one Wild Wonder teacher (steal ideas?)	sketch something you usually avoid	leaf comparison	haiku/ you	sketchnote a class at wild wonder
composition layout	something in nature that made you want to call a friend	simplify the complex	find and NJ three critters in your home (not your spouse)	fill a test page with a new technique you learned
above and below water	gratitude/ colors	dawn day night	interspecies relationship in nature	smaller than your pinky
nature journal with a muggle	"parachute" yourself into one of your nature journal pages	questions questions questions	cardinal directions: 2 minute sketch each direction	home experiment

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