

# Solo Walk Journal Prompts

## Before

- Listen to the Intention Setting Audio Meditation. Write down your question/intention. Optional: journal about what this means to you.
- Listen to the Forest Deva Audio Meditation. What messages did you receive? (Option to do while location scouting or at start of walk)

## During

- What threshold did you choose and why?
- What season is it? What natural attributes relate to this season? How do you relate to this season?
- What are your fears? How are you confronting them?
- Do you allow yourself to wander freely and lose yourself off trail? Why or why not? What kind of spaces do you find yourself wandering into/toward? What draws you to these spaces?
- How often do you rest? How do you know when it is time to rest? How do you know when it is time to move on?
- What signs/symbols/archetypes are showing up for you from the nature beings/forest spirit/mother earth? What do these signs mean to you?
- What inner conflicts arise for you? How are they mirrored by the natural world around you?

## After

- How was your intention question answered? (Journal on this immediately after crossing threshold and again one or two days later.)