Rewyld · One place, many visits

# Sit spot log

Return to the same spot, sit quietly for ten minutes or more, and write one line before you leave.
Over a season, the lines show you what no single visit can.

My spot _____ Started on _____

| Date and time | Weather, in my words | What I heard | What had changed since last time |
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Free to print and share. How to choose a spot and what to notice: rewyld.earth/sit-spot