

# 30 Days of Noticing

## A Project Mellow Companion Journal

*A simple practice for noticing signs, synchronicities, patterns, and meaningful moments in everyday life.*

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## Welcome

What if the moments that stay with us are worth paying attention to?

A bird feather on the sidewalk.

A conversation you can't stop thinking about.

A dream that lingers long after you wake up.

An animal that keeps appearing.

A number that seems to follow you everywhere.

Maybe they're coincidences.

Maybe they're not.

The purpose of this journal isn't to tell you what to believe.

It's simply an invitation to slow down, pay attention, and reflect on the experiences that feel meaningful to you.

Over the next 30 days, you'll use the Project Mellow NOTICE Method to explore the moments that catch your attention and discover what they might reveal about your life.

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# The Project Mellow NOTICE Method

## N (Nurture Space)

Create a little room in your day for awareness.

Take a walk.

Sit quietly.

Watch the birds.

Notice the sunrise.

Put your phone down for a few minutes.

The goal isn't to find signs.

The goal is simply to be present enough to notice them.

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## O (Observe)

Pay attention to what stands out.

What catches your eye?

What keeps repeating?

What feels meaningful?

If it stays with you, write it down.

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## T (Think Deeper)

Get curious.

Instead of immediately dismissing something as random, ask:

- Why did this catch my attention?
  - Why am I still thinking about it?
  - What feels important about this moment?
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## **I (Investigate)**

Explore possibilities.

Research symbolism.

Look up meanings.

Talk to others.

Journal about what you're experiencing.

Gather information without forcing an answer.

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## **C (Connect)**

Bring the experience back to your own life.

Ask yourself:

- What's happening in my life right now?
  - How did this make me feel?
  - Does it connect to anything I've been thinking about?
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## **E (Evolve)**

What insight are you taking forward?

How has this experience shifted your perspective?

What are you learning about yourself?

The goal isn't certainty. The goal is growth.

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# NOTICE Check-In

## Observe

What specifically caught my attention?

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## Think Deeper

Why is this staying with me?

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## Connect

How does this relate to my life right now?

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## Evolve

What insight can I carry forward?

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# Monthly Reflection

## Looking Back on 30 Days of Noticing

Take a few moments to review your journal entries.

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### What patterns appeared most often?

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### What signs, symbols, animals, dreams, numbers, or themes repeated?

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**Which experience stayed with me the longest?**

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**What surprised me?**

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**What did I learn about myself?**

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**How has my perspective changed over the past 30 days?**

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**What am I carrying forward?**

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## Final Reflection

Maybe signs aren't here to tell us what to do.

Maybe they're here to nudge us, nourish our souls, and light the path forward.

After 30 days of noticing, what do you know now that you didn't know before?

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## Keep Noticing

The end of this journal is not the end of the journey.

The natural world is still speaking.

The conversations are still happening.

The patterns are still unfolding.

Stay curious.

Stay open.

Keep noticing.

♥Project Mellow ♥