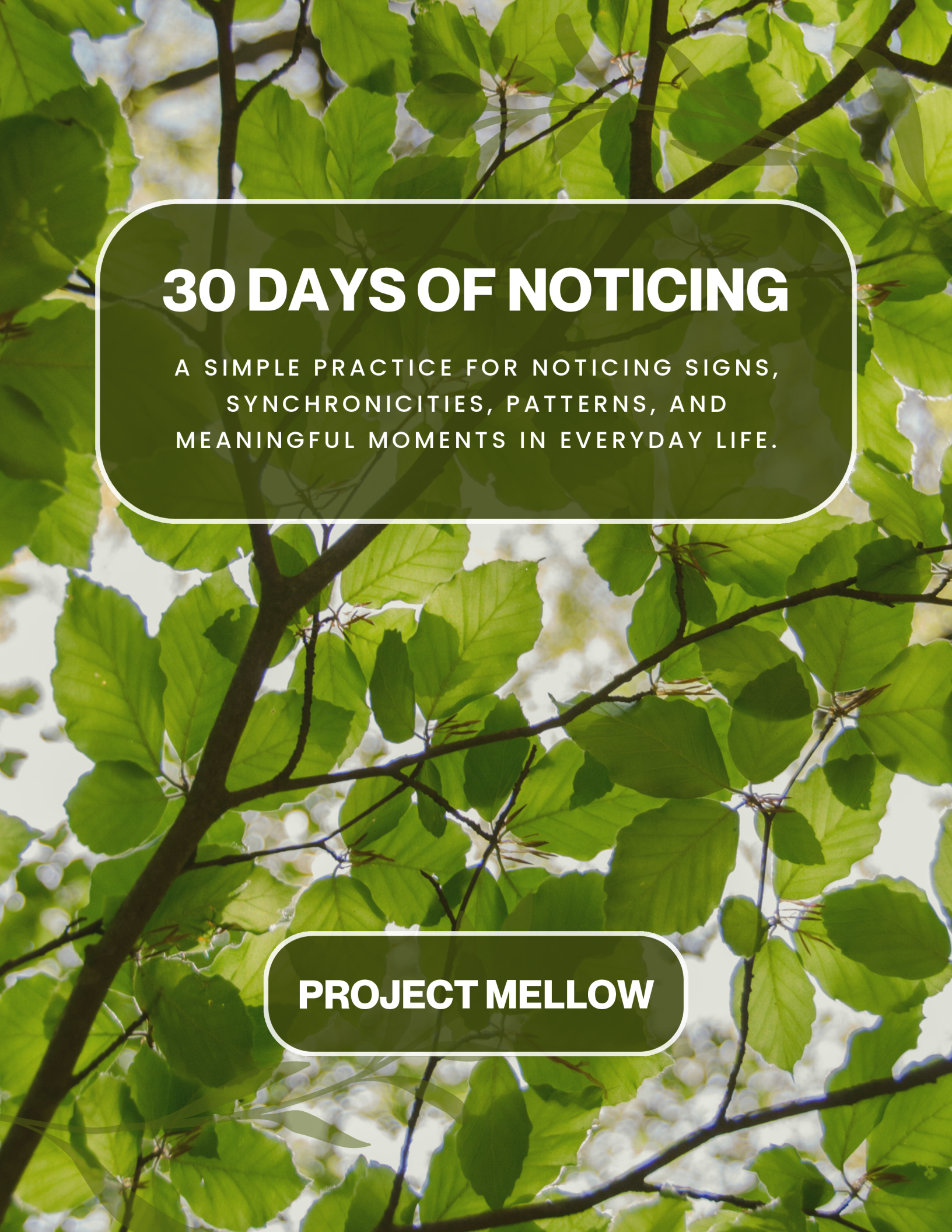


The background of the entire image is a close-up, low-angle shot of green tree leaves and dark brown branches. The leaves are vibrant green and have a slightly serrated edge. The branches are dark and run diagonally across the frame. The lighting is bright, creating a high-contrast, natural feel.

30 DAYS OF NOTICING

A SIMPLE PRACTICE FOR NOTICING SIGNS,
SYNCHRONICITIES, PATTERNS, AND
MEANINGFUL MOMENTS IN EVERYDAY LIFE.

PROJECT MELLOW

WELCOME TO YOUR JOURNEY

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.



WHAT DOES N.O.T.I.C.E. MEAN?

N – Nurture Space

O – Observe

T – Think Deeper

I – Investigate

C – Connect

E – Evolve



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.



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.



THINK DEEPER

GET CURIOUS.

INSTEAD OF IMMEDIATELY DISMISSING SOMETHING AS
RANDOM, ASK YOURSELF:

WHY DID THIS CATCH MY ATTENTION?

WHY AM I STILL THINKING ABOUT IT?

WHAT FEELS IMPORTANT ABOUT THIS MOMENT?



INVESTIGATE

EXPLORE POSSIBILITIES.

RESEARCH SYMBOLISM.

LOOK UP MEANINGS.

TALK TO OTHERS.

JOURNAL ABOUT WHAT YOU'RE EXPERIENCING.

GATHER INFORMATION WITHOUT FORCING AN ANSWER.



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?



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.



DAILY SIGNS LOG

What did I notice today?

What’s going on in my life right now?

How did it make me feel?

What do I think it might mean?

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MONTHLY REFLECTION

What patterns appeared most often?

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

Which experience stayed with me the longest?



MONTHLY REFLECTION

What did I learn about myself?

How has my perspective changed over the past 30 days?

What am I carrying forward?



THANKS FOR 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.

Every week, I share new videos and reflections that explore nature, mindfulness, and the moments that invite us to slow down and notice.

I'd love for you to join the Project Mellow Community.

YouTube: @projectmellow

Instagram: @project.mellow

Tiktok: @projectmellow

Facebook: @projectmellow

Stay curious. Stay open.

Keep noticing.

PROJECT MELLOW

helping people learn to notice
project-mellow.com

