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IT'S ALL CONNECTED

Inspiring ↔ Informative ↔ Actionable
presented by



We Could All Use More Brain Food

In today's world, imagination doesn't seem necessary any longer. With the magic boxes attached to us relentlessly demanding our attention, nothing of curiosity is required. All content has already been "curated by the powers that be" to fulfill our every whim to keep us distracted and clicking away endlessly.

Quoting the sage words of John (Jack) Muir Laws, *"your attention is your most precious commodity. How are you going to spend your attention today?"*

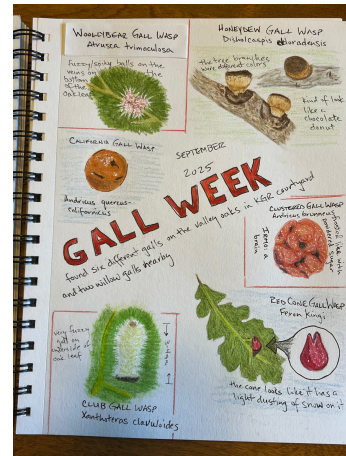
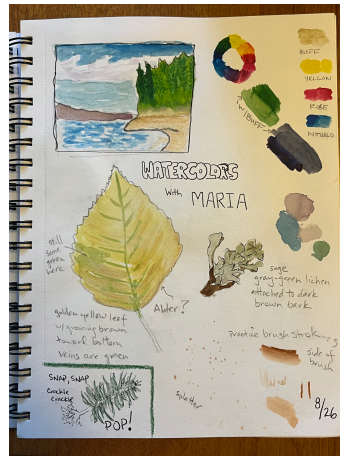
The good news is that it is actually possible to wean oneself from the computer-generated onslaught. Moving away from the screens allows for more time to engage in other stimulating activities. One such activity that is worthy of consideration is nature journaling. Don't stop reading just yet, nature journaling is not all about art. In fact, it is about connecting with nature and the greater outdoors in a more intentional way designed to build attention to detail and pique your curiosity.

Again, Jack, would remind you that *"journaling is slow food for the brain."* Furthermore, he says, *"all learning physically changes the shape of the brain."* Actually, Jack has lots to say on the topic of nature journaling and it is well worth your time to listen to him and Michelle Fullner talk about nature journaling and more on [this episode](#) of Golden State Naturalist.

Yes, many of us participate in hiking, gardening, bird- or bug-watching, nature photography, and more. These are wonderful activities, please don't stop doing them! Opting outside and connecting with nature no matter how you do it is something to applaud.

So, you might ask, how does nature journaling differ? The act of nature journaling builds attention (I notice), curiosity (I wonder), and creativity (It reminds me of).

The simple act of paying attention builds a connection. And, when one has a connection to something, they want to protect it. You have an interest in nature, climate change, the environment, and taking steps to protect our little green marble in space. Perhaps taking another look at nature journaling is worthwhile after all. Besides, the act of nature journaling encourages us to fully geek out on nature at all levels. How cool is that!?



Photos courtesy of Laura Schare (above, left to right): nature journaling in the field with Jack Laws, a practice page with watercolors, and a page dedicated to galls.

Drawing beautiful art is not the purpose of nature journaling (though it can be). Simple [sketching is a learned skill just like anything else](#). Jack uses the phrase “pencil miles” to reinforce building your drawing skills...the more you do it, the better you become. Your brain and hand begin remembering the lines, strokes, etc. and it will feel more comfortable. By engaging in journaling you truly do begin rewiring synapses and transmitters in your brain.

For my part, nature journaling has opened me to a supportive and generous community that celebrates one another while also offering tips and encouragement. Jack also warns you to not allow that inner critic to prevent you from enjoying this relaxing and engaging activity.

What are you waiting for? Grab some paper and a writing implement and head outside. For ideas to get you started, [download this free getting started ezine](#), this free download showing [techniques for painting birds](#), and head on over to any of these websites: [Wild Wonder Foundation](#), [John Muir Laws](#), [Nature Journal Club on Facebook](#), or find a nature journaling friend/mentor/class/club/group near you and join the fun. And, please reach out to me as I am happy to chat, meetup, and share ideas about nature journaling at any time.

Quick Connections

Books, websites, documentaries, podcasts, events, quotes, and more



[International Coastal Cleanup Day](#) is this Saturday, September 20, 2025. Find a site near you and help protect what we love. And, you **do not** need to live near the



Quote we're pondering

"I think the environment should be put in the category of our national security. Defense of our resources is just as important as defense abroad. Otherwise,

ocean to help. Every waterway needs a little TLC and you can make a difference.

what is there to defend?" - Robert Redford



Have you ever wondered [how fish swim in schools](#)? Woods Hole Oceanographic Institute has the answer.



Can you solve this [crossword from the National Wildlife Federation](#)?

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