

THE LIGHT *finds us*

*The light is rarely absent. We are often
simply looking elsewhere.*



FIELD PROFILE

NAME: _____

HABITAT: *Where do you feel most alive?*☐ FOREST☐ LIBRARY☐ STUDIO☐ CAFE☐ OTHER: _____

FIELD NOTES: _____

DATE: _____

HIDDEN LIGHT

I rarely give myself credit for...

A strength I overlook is...

*Something beautiful about my
life that feels ordinary...*

WHEN DO I FEEL ALIVE?

WHEN DO I FEEL CREATIVE?

WHEN DO I FEEL CURIOUS?

WHEN DO I FEEL PEACEFUL?



WHEN DO I FEEL MOST MYSELF?

LOOKING FOR LIGHT

SOMETHING BEAUTIFUL:

SOMETHING KIND:

SOMETHING ORDINARY:

SOMETHING HOPEFUL:

SPECIMEN: _____

LOCATION: _____

☐ COURAGE☐ HOPE☐ GRACE☐ CURIOSITY☐ WONDER☐ CREATIVITY

FIELD NOTES: _____

DATE: _____

SPECIMEN: _____

LOCATION: _____

☐ COURAGE☐ HOPE☐ GRACE☐ CURIOSITY☐ WONDER☐ CREATIVITY

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