



## ☁️ Cloud Gazing Reflection Page ☁️

Take a moment to look up and let the sky speak. Clouds move like thoughts—passing, shifting, transforming. This reflection page invites you to rest beneath the vastness of the sky, loosen the grip of the mind, and let your reflections float into view. After your next cloud-gazing moment, mindful walk, or nature pause, capture the experience here.

**What shapes or stories did you see in the clouds today?**

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**What are a few things I am grateful for?**

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**What thoughts passed through your mind as you watched the sky?**

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**Did any thoughts linger, or did some shift like the clouds themselves?**

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**How did your breath and body feel during your skyward pause?**

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**What message, if any, did the clouds seem to hold for you today?**

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**What emotion or clarity arose as you connected with the sky?**

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Spunky Mind

Inhale Wild  
Exhale Zen

**In what ways can I return to this spacious mindset when life feels cloudy?**

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*“Let your mind be as a floating cloud. Let your stillness be as the wooded glen.” – Morihei Ueshiba*