



RESPECT trail journal

Seven questions, one per pillar of RESPECT Through Recreation™, to write to after a day outside.

R Root Yourself in Recreation

What did I choose to do today and why?

E Express Gratitude

What did I notice that made the day feel generous?

S Share Your Experience

What part of this trip is worth passing on to someone else?

P Pursue Connection to Place

What history, geology, ecology, or culture shaped this place?

E Engage Your Senses

What did I hear, smell, feel, or taste that grounded me here?

C Cultivate Community

Who did I support, invite, or learn from today?

T Teach RESPECT

What lesson from this trip should I help someone else carry forward?
