

# Weather and Willingness Log

*A Mindfulness-Based Ecotherapy ACT Worksheet*

## Purpose:

This log helps you track your internal emotional “weather” across the week and practice willingness rather than avoidance. Just as outdoor weather changes naturally, thoughts and emotions shift over time. The goal is not to control the weather, but to respond flexibly while staying aligned with your values.

## Instructions

Complete one entry per day. If possible, take 2–5 minutes outdoors before filling it out. Notice the actual weather and use it as a metaphor for your thoughts and feelings.

# Daily Weather Entry

Date: \_\_\_\_\_ Name: \_\_\_\_\_

## Part 1: Observing the Outer Weather

What is the weather like today? (Sunny, cloudy, windy, stormy, foggy, cold, humid, etc.)

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How does your body respond to this weather?

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Do you try to control the weather, or do you adapt to it? How?

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## Part 2: Noticing Your Inner Weather

If your emotional state today were weather, it would be:

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What thoughts are present in this “weather system”?

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What emotions are noticeable?

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Where do you feel these in your body?

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### Part 3: Avoidance vs. Willingness

What is your urge in response to this internal weather? (Avoid, distract, argue with thoughts, shut down, overwork, etc.)

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If you acted purely on avoidance today, what would you do?

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Instead of avoidance, what would willingness look like? (For example, allowing your feelings to be present while still taking action.)

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### Part 4: Values-Aligned Action

What matters to you today, regardless of the internal weather?

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One small action you can take today in service of that value:

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How will you carry your internal weather with you while still moving forward?

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## Weekly Reflection (Complete at End of Week)

What patterns did you notice in your internal weather?

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Which emotional climates were hardest to allow?

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Did any weather systems pass more quickly than you expected?

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How did practicing willingness affect your behavior?

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What did you learn about your ability to function even during storms?

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## Key Reminder

Weather changes.

Fighting it does not make it disappear.

You can carry an umbrella and still walk toward what matters.