

When do I feel most connected to nature?

NATURAL WORLD



Focus: Connection to the natural world and wider environment.

Reflective Questions

- When do I feel most connected to the natural world?
- when do I experience myself as part of natures cycles of life?
- What evokes awe, beauty, or grounding for me?

Practical Exercises

- Attention Walk: Spend time outdoors noticing light, nature, sound, and patterns.
- Daily Pause: Notice your surroundings—sky, air, or space.



How's Your Spirit?



Vibrant



Steady



Tired



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