

WEEK 23 of #YOUR2024STORY

Journal Prompt: *Connecting with Nature for Wellness*

Being outside is a way to recharge our spirit and re-align with our inner peace

Journal Prompts:

1) Can you recall in detail a moment you spent in nature this week? What were the various elements that you saw around you? Were there any particular sounds you heard, like the rustling of leaves, the chirping of birds, or the gentle flow of a stream? Did you notice any distinct smells, perhaps of flowers, grass, or fresh earth? More importantly, how did this entire experience make you feel? Did you feel calm, rejuvenated, or perhaps something else entirely?

2) Let's delve deeper into how spending time in nature influences your mood. How do you generally feel before and after your encounters with nature? Are there any specific elements of nature, such as sunlight, greenery, or the presence of animals, that seem to have a particularly strong impact on your state of mind? Try to explore the nuances of these feelings.

3) Reflect on a time when you felt a profound connection with nature. What were you engaged in at that moment? Were you simply observing, or were you actively participating in some activity? Did that experience stir any strong emotions within you, and if so, can you describe them?

4) Let's consider how you can make nature a more integral part of your wellness routine. Are there specific activities you enjoy doing in nature, like hiking, birdwatching, gardening, or even meditating, that you could incorporate more regularly into your schedule? How do you think this would benefit your overall wellbeing?

5) Finally, let's talk about the changing of the seasons. Each season brings with it a unique aspect of nature. How does this seasonal shift affect your connection with nature? Are there particular seasons where you feel more compelled to spend time outdoors? Maybe the blossoms of spring fill you with joy, or the bare trees of winter make you reflective. Explore these feelings and what they mean to you.

As you venture into the natural world, let each step be a step towards greater wellness and harmony within.