



# NATURE CONNECTION GOAL WORKSHEET

## By Cultured Forest

Instructions: Pause to reflect on how you can connect with nature for well-being. We've included a few ideas to get you started.

### Create a List of Goals to Connect With Nature Daily

- Lay rocks or sea shells around your desk area to give you something visual and tactile to help you feel grounded.
- Display pictures of a forest scene in your office.
- Choose nature themed screensavers for your computer.
- Place plants suited to your office environment in your office, and tend to them as a form of mindfulness.
- Buy or create a terrarium with moss, rocks and soil to display in your office.
- Diffuse essential oils that you find pleasing and invigorating. You might try eucalyptus, fir, hinoki cypress or pine.
- Your Idea:
- Your Idea:

### Create a List of Goals to Connect With Nature Weekly

- Take a 30 minute walk break once a week.
- Have lunch outdoors away from your desk once a week.
- Work outside or by a window with a view of nature.
- Have a walking meeting either on the phone or with a colleague.
- Your Idea:
- Your Idea:

### Create a List of Goals to Connect With Nature Monthly

- Go on one long Forest Bathing Walk a month for at least four hours. Engage the senses. Walk slowly. Rest and enjoy.
- Do one outdoor related task around your home or apartment (gardening, mowing the lawn, plant maintenance).
- Exercise outside (golf, biking, hiking, running, tennis, etc.).
- Your Idea:
- Your Idea:

### Plan One Big Yearly Goal to Connect With Nature

- (This can Be a Vacation, Through-Hike, Mountaineering, etc)

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