

## Connection to Nature Worksheet

Define the word 'nature' in your own words.

Define the word 'nature' using the dictionary.

If you could choose a nature setting to relax in where would you go?

Find an actual location and set a date when you will spend time there. Write it here.

What are some ways you are already working with or being around nature?

What are some ways you have wanted to spend time in nature?

How do you feel when you enjoy nature?

How many times in a week can you take time to enjoy nature?

**Take Action**

- Journal and ponder this with a friend.
- Comment in the group.

Empowerment Program Participants Group:

<https://www.facebook.com/groups/329320037979757/>