



get out into nature at least once a week

 plant something in nature to 
CELEBRATE AN ACHIEVEMENT

LEARN FROM NATURE'S CYCLES OF GROWTH

reflect these back in your actions and behaviours

When you're stuck with a problem
walk it off in nature



Get to know the trees in your area.
They're great listeners

OBSERVE the way nature plays **COLOURS**

LET THIS BE AN INSPIRATION FOR YOUR OWN STYLING AND MATCHING

Decide on several locations in nature where you
can retreat to either physically or mentally



Touch something in nature with a part or whole
of your body

**Book a date with the Full Moon and bring
nature into your day.**