



LOOKING BACK: A Self-Reflection

Engaging in the Natural World Worksheet

1. When you think of “the natural world”...
 - a. What words come to mind?
 - b. What images come to mind?
 - c. What feelings come to mind?
2. How would you describe your relationship with the natural world? To what extent do you sense its beauty, its power, its awe, its delicateness, and its resilience? In what ways might you be able to strengthen your relationship with the natural world?
3. Think about the greatest joys that you have experienced in life. What are these? What settings or elements are most common among these? How often do you get to enjoy these? How do you feel about this frequency – is it too little, too great, or just about right?
4. During the past week, on how many occasions did you think specifically about the natural world around you? When you think of the most recent occasions, identify whether your view was generally positive, generally neutral, or generally negative. What do you conclude from this observation?

Recent Thoughts About the Natural World
Reaction (positive, neutral, negative)

5. How do you think others would describe you if they talked about your relationship with the natural world? Would they say that you respect nature? Why? How do you feel about this?
6. On how many occasions in the last year have you intentionally sought out something awe-inspiring in nature? This may have included a sunrise, a sunset, a walk on the beach or in the woods, or something similar. Identify these below.

Awe-Inspiring Event When

