



MOVING AHEAD: The Challenge

Engaging in the Natural World Worksheet

1. What are your definitions of success? What is the role of nature in this?
2. What is your favorite place in the world? Why? What qualities make it a special place for you? How can you bring some of these qualities around you into your current life?
3. What can you do to increase the joys in your life? Think about the types of joys you can experience, how often you can experience them, and the quality of them.
4. Name three things you would like to change about the world. What, specifically, can you do to help this change occur? Where can you learn more, how can you get involved, and what can you do?
5. In the section about the natural world, three specific activities were identified. Think about each of these, and identify what you think is most appropriate for you during the next three months.

Activity

Willing to Consider | Planning to Do | Did It - Reaction

Keep a Nature Journal:

Do a Solo Sit:

Take a Discovery Hike:

6. A common saying when hiking a trail is to “Leave only footprints; take only memories.” How might this apply to your daily life on campus? How might this apply to the daily routines in your life, including transportation, use of facilities, recycling, conservation, and more?
7. What is the most important environmental issue to you? What, specifically, are you willing to commit yourself to do about it?

