

30 Day Nature Challenge

A challenge for getting outside, refreshing no matter the weather, especially when you've been stuck indoors.

DAY 1 ☐ Tonight, look at the moon and introduce yourself	DAY 2 ☐ Find a tree and touch it	DAY 3 ☐ Walk barefoot on the grass or sand	DAY 4 ☐ Stand outside or by a window and just listen	DAY 5 ☐ Every time you pass a tree, say hello
DAY 6 ☐ Lie on the ground and look at the sky (best at nightfall)	DAY 7 ☐ Tonight, go outside and find the moon	DAY 8 ☐ At evening, play nature sounds while you get ready for bed	DAY 9 ☐ Walk intuitively in nature	DAY 10 ☐ Watch the sunrise or sunset
DAY 11 ☐ Light candles and spend at least an hour without artificial light	DAY 12 ☐ Write a thank-you note for the natural world	DAY 13 ☐ At nightfall, find the first star and say hello	DAY 14 ☐ Today, if you find a tree, touch its leaves	DAY 15 ☐ Tonight, go outside and find the moon
DAY 16 ☐ Light a candle and watch the flames for at least 5 minutes	DAY 17 ☐ Turn off distractions and turn inward, to your breath	DAY 18 ☐ Write 3 wishes and bury them under a tree or in a pot	DAY 19 ☐ Watch the sunrise or sunset	DAY 20 ☐ Dance barefoot under the night sky with your eyes closed
DAY 21 ☐ Find a quiet place in nature and just observe	DAY 22 ☐ Tonight, go outside and find the moon	DAY 23 ☐ Walk intuitively in nature	DAY 24 ☐ Bring home a small natural object, a stone, a leaf, a flower	DAY 25 ☐ Let your feet be touched by water, the sea, or a warm bowl at home
DAY 26 ☐ Watch the sunrise or sunset	DAY 27 ☐ Make yourself a nice cup of tea	DAY 28 ☐ Lie on the ground and look at the sky	DAY 29 ☐ Tonight, go outside and find the moon	DAY 30 ☐ Write yourself a thank-you note

Started on: _____ Tick off each day as you go . more free challenges at arloriverrex.com/30-day-challenges