

A woman with a backpack is standing in a lush forest, looking up at the tall trees. Sunlight filters through the canopy, creating a warm, golden glow. The forest floor is covered in dense green ferns and other foliage. The overall atmosphere is peaceful and natural.

JOURNEY TO WELL-BEING **Environment**

innernow

JOURNEY TO WELL-BEING:

Environment

Be intentional in your environment and connect with nature to stay grounded and centered.

InnerNow's Journey to Well-being gives you the tools and insights you need to navigate your personal journey and uncover the wisdom that is already inside of you. Use this workbook as a complement to the Journey to Well-being: Environment program with Kimberly Snyder in the InnerNow App. Our connection with the environment is innate.

We are a reflection of nature and nature is reflected within us in so many ways. As you continue your journey to well-being, take time to understand this connection with the environment from a place of deep intention. Through building your connection and understanding your relationship with nature, you'll open to a new world of nourishment and collective care. Allow yourself to be cared for by the environment around you, as you nourish and care for the environment you exist within.

Remember, well-being is a journey, not a destination. There is no "quick fix" or specified regimen. This journey is a commitment to yourself, creating consistent practices in a way that feels aligned for you, to access harmony in all aspects of your life.

Tune Into Your Senses

Now that you've begun your journey recognizing and honoring your connection with the environment, let's make space to deepen that connection. We have endless opportunities to explore our environments. Through our exploration we can learn to move with care, in each space that we enter, as we honor the ever-present relationship we are in with nature, knowing that what we extend out is often reflected back to us.

EXERCISE | Conscious Connection Through Your Senses

We, as humans, have been connecting with our varying environments through our senses since the beginning of time. Nature is something that can be experienced through all of our senses; from touch, to taste, smell, sight, and sound. In our modern world, technology and artificially constructed environments have created a disconnect between us and the natural earth.

When we go outside, we're not often engaging all of the senses we have access to in the moment. It can be a simple, yet profound, thing to take even one minute to pause and intentionally connect your senses with your environment as you transition from one to another.

EXERCISE | Conscious Connection Through Your Senses

Try this practice to access your senses and immerse yourself in your environments:

- Find a moment to pause and be still.
- Take a slow deep breath; feel the air coming in through your nose, filling your lungs. As you exhale, allow your physical body to settle and soften.
- Notice any external sensations you're interacting with; the sun, wind, or temperature of the air against your skin and the ground beneath your feet.
- Become aware of your whole body connecting with the environment you're in.
- Next, begin to notice the sounds in your surroundings; tune into all the sounds from birds and insects to rustling leaves blowing with the wind. • Pause for a moment and settle into your sense of hearing, listening to this whole soundscape.
- With your eyes closed, notice if there are any particular scents in this environment. Perhaps flowers, the scent of water, maybe simply the freshness of the air outside.
- Now, open your eyes and focus your attention on one thing that is drawing your attention to it. Take in all the details of this one piece of your environment; the light and shadows, colors, and textures.
- Begin to let your focus expand beyond this one object, broadening your view and starting to take in the whole scene.

As you embrace the various aspects of the environment around you, reflect on any new connections you notice by tuning in with new, more expansive awareness.

Journal Prompts to Connect with Nature

As you continue to explore your connection with the environment, take time to reflect on the ways you can show up for the environment and how this supports the environment showing up for you.

Use these prompts to deepen your relationship with nature, all that surrounds you, and that manifests within you. **Try journaling outside to offer yourself an even more intentional connection.*

EXERCISE | Journaling Prompts

1. When you go outside, which of your senses are you most grateful for?

As you explored in the first exercise of this workbook, we have so many ways to connect with nature. Use this as an opportunity to recognize which of your senses makes you feel most connected with the environment and reflect on how your connection is deepened through either your sight, the scents around, what you hear, and so on.

EXERCISE | Journaling Prompts (Continued)

2. How do you practice acts of service for the environment? *If you don't currently have any specific practices, reflect on some of the ways you can and would like to be of service to the environment.*

Use this prompt to make a list of all the ways you are currently, or would like to, contribute to supporting the environment. This can be anything from recycling, buying products that use sustainable materials, to local nature clean-ups.

3. Do my thoughts, words, and actions contribute to the healing and restoration of harmony in the environment?

When curating care in any aspect, from caring for ourselves to our environment, we must look at all the aspects of our experiences. The thoughts we think turn into the words we speak, and the words we speak turn into the actions we take. Those actions ripple out into our communities and affect the environments we are part of. Use this prompt to reflect on how you can start to shape your thoughts to best serve the environment and allow that to inform your words and your actions to create positive change for our world.

EXERCISE | Journaling Prompts (Continued)

4. Write 5 things you are grateful for about the environment.

Gratitude allows us to recognize the beauty that is present all around us. The more we reflect on this beauty, the more passion we feel to preserve it. If it feels inaccessible to write down 5 things, start with one, then 3, then 5 and see how your practice can expand further from there.

5. What element of nature resonates most with you? Why do you resonate with this element in particular?

Use this prompt to reflect on how you feel connected with nature. As Ayurveda teaches us, we all have qualities of each element within us, yet we will often feel more connected with some versus others. Take time to reflect on your connection and what this one element teaches you.

Affirmations to Support Your Connection with the Environment

Now that you've taken time to reflect, let's create an affirmation that will support your continued practice. Remember, this is a journey, and each day is going to look different. Allow this affirmation to ground you in the awareness that you are a part of the larger whole and one with all of creation.

My affirmation to remember my inherent connection with the environment is...

Need Inspiration? Try these affirmations:

- *I am rooted and grounded in my connection with nature.*
- *Just as the seasons change, I embrace all shifts in my world with grace and ease.*
- *I respect and honor all life I come in contact with.*
- *I commune with nature to be renewed and return to harmony.*

Daily Practices

Try inviting in these exercises to support your daily connection with the environment:

1. Try a New Outdoor Activity

If you often find yourself engaging with the same activities outside over and over, try inviting in something new. Perhaps instead of going for a hike or a walk you can try kayaking or paddle boarding to get a new and fresh perspective. This practice of doing something new can help you get out of your comfort zone and discover a new connection with nature.

2. Learn About Local Plants and Trees

Too often, we move so quickly through our lives and tend to fly past the little things around us that bring so much beauty into our world. Spend some time learning about the plants and vegetation that are local to your area. As you learn about what lives in your environment, you can create deeper more meaningful connections by understanding the details of life that exist all around you.

3. Tune into the Sounds of Nature

We spend a lot of time taking in our surroundings through our eyes and create our experience of the world based on what we see. This is an invitation to find a spot in nature – at a park, on a porch, or on a hike – where you can sit and close your eyes. Take a few minutes to absorb the sounds of nature, listen to the birds, rustling of leaves, the wind, and any other sounds that are present. Notice if you find a new layer of connection by tuning into the soundscape and creating your experience through sound rather than sight.

4. Practice Growing Something

Whether you have the space to grow veggies in a garden at your home or plant a few seeds to be placed in your window ledge. This opportunity to nurture and care for a new form of life can not only be grounding, but also teach us a lot about the various ways we can support life as it emerges. All plants, seeds, vegetables, and flowers will need something different. Use this as an opportunity to tune into the specific needs of what you are growing and learn how to care for this form of life with intention.

Community Connection

Honoring your relationship with the environment is ultimately a community centered practice. To bring your community in, try inviting a loved one to be your nature buddy. Make time each week to go outside, if you have the space, you can even try this as an everyday practice.

EXERCISE | Find a Nature Buddy

Practicing with a friend or loved one can help you to get out of your comfort zone and try something new that you might not have done alone. Whether it be going for a walk, taking a kayaking tour, eating lunch outside, learning to garden, or watching the sunset. There are endless opportunities to incorporate the outdoors into your daily life, the invitation is to get creative as you explore and experience nature with a friend!

I will practice with _____.

Reflect on your experience:

How did it feel to share an experience in nature with a friend? Did you notice any new connections with yourself, your friend, or the environment?

Resources

[Connect](#) with Kimberly Snyder

Continue your exploration with Kimberly's books:

[You Are More Than You Think You Are: Practical Enlightenment for Everyday Life](#)
[Recipes For Your Perfectly Imperfect Life](#)
[Radical Beauty](#)

InnerNow Articles

[How Nature Can Help You to Evolve](#) by Deepak Chopra, M.D.

[Reasons to Spend Mindful Time in Nature](#) by Tamara Lechner

[Your Brain on Nature: Finding Harmony When 'Human Moments' Are Sparse](#) by Fran Benedict

[5 Ways to Embrace the Great Outdoors This Autumn](#) by Lena Schmidt

Congratulations!

You've completed the Environment workbook! These tools are meant to support you whenever you need them most. Remember to view this as a journey rather than a destination. As you continue to practice and grow forward on your path, revisit these tools and resources as often as you need. We're here to support you along this journey and look forward to continuing to explore with you. Visit the InnerNow App next month for a new theme and practices!

You are always on your way!