

7-Day Nature Challenge Checklist

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Module 2: Healing Through Nature

Complete at least one nature practice each day for 7 days.

- Day 1 [] 10-minute barefoot grounding outdoors
- Day 2 [] Forest walk â no phone, just presence
- Day 3 [] Sunrise or sunset observation
- Day 4 [] Nature journaling â describe what you notice
- Day 5 [] Water practice (ocean, river, rain, or bath)
- Day 6 [] Plant care or gardening for 20 minutes
- Day 7 [] Your choice â any nature connection ritual

REFLECTION AFTER 7 DAYS

What shifted for you this week?

Worksheet coming soon with full content.

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