

# 7-Day Nature Challenge Checklist

Heal from Within | [healfromwithin.com](http://healfromwithin.com)

-----

## 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.

[healfromwithin.com](http://healfromwithin.com) | Created by Denise