



The Green Reset – Nature Reflection Page

This page is your invitation to capture the whispers of the forest, the rhythm of the ocean, and the warmth of sunlight on your skin. After your next walk, hike, forest bathing yoga, or mindful moment outside, pause here and let your thoughts spill like a gentle stream across the page.

What did I notice in nature today that made me pause and smile?

What are three things I am grateful for?

How did my body feel before and after my time outside?



What colors, scents, and textures stood out to me most?

What is one small way I can bring today's calm into tomorrow's life?

"Adopt the pace of nature: her secret is patience."

– Ralph Waldo Emerson