

# TAURUS SEASON: 5 DAY CHALLENGE: Be In Nature

## TAURUS /Nature Challenge: Be In Nature:

Taurus energy is earth energy- literally Mother Earth energy. The grounding, stable, committed, loving energy of Taurus reminds us to celebrate this physical earth plane and our amazing physical senses that perceive it. Remember what it is like to be a part of nature. Mother Earth is healing, stable, and unconditional. Turn your attention towards Her and notice the difference it makes on all levels of your being.

5 Day Challenge- Every day, make a commitment to appreciate nature for at least 30min each day: Watch a sunset

Watch a sunrise

Forest bathe or hike

Sun bathe

Moon/Star bathe

Enjoy a natural body of water

Sit under a tree/in a field of grass or flowers

Gaze at a horizon

Plant a tree or garden

Bring a piece of nature into your home On a scale of 1-5, check in with the 5 layers of your being before and after the experience. Then journal about the experience and the shifts you noticed.

Day 1- (fill in activity)

Body- Before: \_\_\_\_\_ After: \_\_\_\_\_

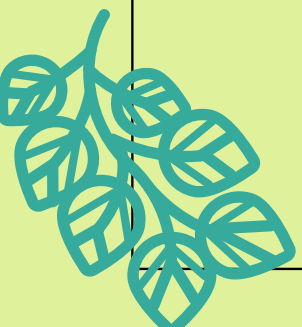
Energy- Before: \_\_\_\_\_ After: \_\_\_\_\_

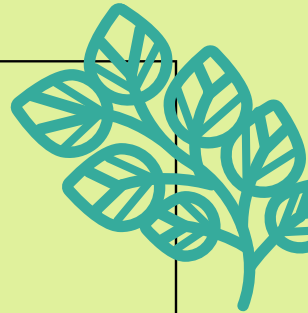
Mind- Before: \_\_\_\_\_ After: \_\_\_\_\_

Emotions - Before: \_\_\_\_\_ After: \_\_\_\_\_

Spirit- Before: \_\_\_\_\_ After: \_\_\_\_\_

Additional feelings/thoughts:





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## TAURUS /Nature Challenge: Be In Nature:

Day 2- (fill in activity)

Body- Before: \_\_\_\_\_ After: \_\_\_\_\_

Energy-Before: \_\_\_\_\_ After: \_\_\_\_\_

Mind- Before: \_\_\_\_\_ After: \_\_\_\_\_

Emotions - Before: \_\_\_\_\_ After: \_\_\_\_\_

Spirit- Before: \_\_\_\_\_ After: \_\_\_\_\_

Additional feelings/thoughts:

Day 3- (fill in activity)

Body- Before: \_\_\_\_\_ After: \_\_\_\_\_

Energy-Before: \_\_\_\_\_ After: \_\_\_\_\_

Mind- Before: \_\_\_\_\_ After: \_\_\_\_\_

Emotions - Before: \_\_\_\_\_ After: \_\_\_\_\_

Spirit- Before: \_\_\_\_\_ After: \_\_\_\_\_

Additional feelings/thoughts:

Day 4- (fill in activity)

Body- Before: \_\_\_\_\_ After: \_\_\_\_\_

Energy-Before: \_\_\_\_\_ After: \_\_\_\_\_

Mind- Before: \_\_\_\_\_ After: \_\_\_\_\_

Emotions - Before: \_\_\_\_\_ After: \_\_\_\_\_

Spirit- Before: \_\_\_\_\_ After: \_\_\_\_\_

Additional feelings/thoughts:

Day 2- (fill in activity)

Body- Before: \_\_\_\_\_ After: \_\_\_\_\_

Energy-Before: \_\_\_\_\_ After: \_\_\_\_\_

Mind- Before: \_\_\_\_\_ After: \_\_\_\_\_

Emotions - Before: \_\_\_\_\_ After: \_\_\_\_\_

Spirit- Before: \_\_\_\_\_ After: \_\_\_\_\_

Additional feelings/thoughts

At the end of the week: Reflect on the whole experience in your journal.

