

NATURE CONNECTION GUIDE

Embracing the Nordic Philosophy of Friluftsliv

Friluftsliv (free-air-life) is the Nordic practice of spending time in nature for wellness and joy. Use this guide to deepen your connection with the natural world around you, wherever you are.

My Local Nature Spots

Favorite nearby park or green space:

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What I love about it:

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Walking or biking trail I want to explore:

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Distance/ difficulty level:

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Water feature nearby (lake, river, ocean, creek):

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Best time to visit:

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Peaceful spot for reflection or meditation:

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Best local spot for sunrise or sunset:

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Nature area I'd like to visit this season:

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When I plan to go:

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Nature Activities I Want to Try

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2.

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3.

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4.

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5.

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SEASONAL OBSERVATIONS

Connecting with Nature's Rhythms

Spring

First signs of spring I noticed:

Trees/plants blooming in my area:

Birds or wildlife I've observed:

Spring activity I enjoyed:

Summer

Favorite summer outdoor spot:

Plants/flowers at their peak:

Summer nature experience I want to remember:

How nature helped me stay cool/comfortable:

Autumn/Fall

Changes I've noticed in the landscape:

Trees with the most beautiful colors:

Harvest or foraging experiences:

Preparing for the colder months:

Winter

Winter landscape observations:

How I stay connected to nature in cold weather:

Winter wildlife I've spotted:

Indoor nature connection practices:



My Garden Planning

Adapt these prompts to your climate, whether you have outdoor space, a balcony, or indoor plants.

Growing Space I Have Available

Description (garden bed, containers, windowsill, etc.):

Amount of sunlight it receives:

Plants I Want to Grow

Vegetables/ herbs:

Flowers:

Trees/ shrubs (if applicable):

Houseplants:

Seasonal Planting Schedule

Fill in based on your local climate and growing season.

Early Season (Spring or Wet Season)

Plants to start:

Tasks to complete:

Mid Season (Summer or Main Growing Season)

Plants to add:

Maintenance needs:

Late Season (Fall or Harvest Time)

What to plant:

Harvest plans:

Rest Season (Winter or Dry Season)

Garden preparation:

Indoor growing plans:

Garden Care Notes

Watering schedule for my climate:

Natural pest control methods I use:

Composting or soil enrichment plan:

NATURE JOURNAL

Recording Your Outdoor Experiences

Date:

Location:

Weather conditions:

What I saw, heard, or experienced:

How I felt:

Something that surprised or delighted me:



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Location:

Weather conditions:

What I saw, heard, or experienced:

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NATURE REFLECTIONS

Deepening Your Connection

Monthly Nature Connection

This month, I spent time in nature by:

The most memorable moment was:

How being in nature affected my wellbeing:

Next month, I want to:



Bringing Nature Indoors

Natural elements in my home:

Plants I'm caring for:

Natural materials I use for decor:

Ways I let natural light in:

Sustainable Practices

How I support local nature/wildlife:

Ways I minimize my environmental impact:

Future goals for sustainable living:

NATURE CONNECTION GOALS

Building a Lasting Relationship with the Outdoors

This Season's Goals

Places I want to visit:

Activities I want to try:

Skills I want to learn:

Long-Term Nature Aspirations

Dream outdoor destination:

Nature skill I want to master:

How I want nature to be part of my daily life:

Sharing Nature with Others

People I want to share outdoor experiences with:

Ways I can introduce others to nature:

Remember: There is no bad weather, only bad clothing. The Nordic approach to nature connection is about embracing all seasons and finding joy in the outdoors year-round, wherever you are in the world.

