



WANDER | OBSERVE | WONDER

Spending time with nature can boost mental, physical, and spiritual wellbeing. Use this WOW! reflection to maximize your experiences with the natural world.

BE STILL



WANDER. Take time to wander a yard, park, trail or beach. If you cannot get outdoors, try this practice when looking out a window or viewing nature photographs.

OBSERVE. Spend time observing an aspect of nature that captures your attention. If your mind wanders, gently return your focus to observing nature. Be attentive to if it leads to a mental, physical, or spiritual shift for you.

WONDER. As you wander — or at a later time — wonder about what life-affirming messages nature spoke to you and its relevance to your life.

WRITE. Free write about your wandering experience, generously describing what you observed, what messages you received, and how they may have impacted your sense of wellbeing. For example, did the feel of sand between your toes bring you peace? Did chirping birds remind you of the joy of chatting with friends? Or did a colorful sprig of flowers boost your spirit and creativity? Review what you wrote, circling any core value words you used, e.g., peace, truth, joy, compassion, belonging. Write those words in the bubble next to each grounding stone.

RECALL. Recall or repeat your grounding stone words to cultivate peace in our chaotic world.



The Compass nature-based sites promote the renewal of mental, physical, and spiritual energies and attentiveness to the wellbeing of the natural world. Sites feature large natural grounding stones engraved with core value words that echo what we may need to extend or receive to find hope and healing in a chaotic world.