

# Rewilding Tool

Harnessing nature to connect  
with creativity, passion, connectivity, energy, and joy

## Worksheet

[www.bcrqs.com](http://www.bcrqs.com)

**Rewilding**  
Harnessing nature for  
growth and transformation

1. Fill out section 1 in your day-to-day indoor environment (house, office)
2. Go outside for 10 minutes and notice the nature around you. Think about the issues on your mind.
3. Fill out section 2 when you come back inside, and rate your stress level and jot your new ideas down

**STEP 1:**

**Where do you feel stuck/caged/tamed?**

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**Where can you go or what can you do to feel free?**

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**What problem/challenge do you need to solve?**

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**How stressed and blocked do you feel right now? (Use a 1-10 scale) and why?**

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**STEP 2:**

**Go outside into a natural environment to think, discuss, or just notice and observe and acknowledge the nature around you. Where are you?**

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**What do you notice?**

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**What is beautiful and inspiring?**

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**What natural elements/observations can help in your decision-making?**

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1. Fill out section 1 in your day-to-day indoor environment (house, office)
2. Go outside for 10 minutes and notice the nature around you. Think about the issues on your mind.
3. Fill out section 3 when you come back inside, and rate your stress level and jot your new ideas down

**STEP 3:**

**What has opened for you?**

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**Did you notice a change in your anxiety or thinking?**

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**How calm, open and connected do you feel right now? (Use a 1-10 scale).**

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**How will you make rewilding a regular part of your routine?**

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