

# Get outside

with the intention to connect

1. Find a spot outside your door, no more than a 20-second walk: your stoop, porch, by a tree, across the street in a park.
2. Go there initially 3 times a week, for several weeks, for 20 minutes each. Somewhere around your tenth visit, you may find a dramatically changed relationship between yourself and that space.
3. Arrive by tuning in to your three senses of sight, sound, and touch. Smell and taste are a bonus.
4. Set an intention for that moment -- what do you seek?
5. Return to your senses.
6. With kindness and curiosity for what arises, allow awe and reverence for life to be in your attention.
7. Breathe deeper for 1 minute.
8. Return inside with a commitment to share your reflection from being at that spot.



Adapted from Mark Morey (2020, *Mindful Leader*):  
How Nature is Saving Remote Workers (And Can Help You Too!)