

# NATURE & OUTDOOR EXPERIENCES

*Reconnect With Nature To Restore Energy And Balance*

	YES	NO
1 Do you spend time outdoors regularly to relax, reflect, or recharge?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you identified outdoor spaces—parks, gardens, trails—that bring you a sense of calm or inspiration?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you engage in low-impact outdoor activities such as walking, birdwatching, or yoga in nature?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you explored new wellness experiences like forest bathing, hiking retreats, or nature-based meditation?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you use time outside to disconnect from screens and reconnect with your surroundings?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you invited others to join you for outdoor experiences that promote connection and well-being?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you adjust your outdoor activities to align with the seasons and weather in your area?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you created a personal outdoor space—like a patio, balcony, or garden—for daily enjoyment?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you feel a noticeable boost in mood, clarity, or energy after spending time in nature?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you intentional about incorporating outdoor wellness into your weekly or monthly routine?	<input type="checkbox"/>	<input type="checkbox"/>

**QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR**



THE CENTER FOR  
RETIREMENT READINESS

## What Your Answers Might Mean:



**7–10 Yes Answers:** You Are Prioritizing Outdoor Wellness And Connection: Your consistent engagement with nature is enhancing your physical, mental, and emotional well-being.



**4–6 Yes Answers:** You're On The Right Path But Still Have Work To Do: You're embracing nature as a source of wellness, and with more intention and variety, the benefits can grow even stronger.



**0–3 Yes Answers:** You May Be At Risk And Need To Take Immediate Action: Without regular time in nature, you may miss out on key health and mood benefits—start small and reintroduce the outdoors into your life today.