

CAMPFIRE CULTURE LLC

Find More. Stress Less. Live Simply.



MINDFUL TRAIL GUIDE

Slow down. Look around. Be here.



SET YOUR INTENTION

Before you begin, take one deep breath. What would you like to get from your time outside today?

- ☐ Adventure
- ☐ Gratitude
- ☐ Joy
- ☐ Connection
- ☐ Peace
- ☐ Reflection
- ☐ Curiosity
- ☐ Other: _____

5 • 4 • 3 • 2 • 1 TRAIL EXERCISE

Pause somewhere along the trail and notice:



5 things you can see



4 things you can hear



3 things you can touch or feel



2 things you can smell



1 thing you appreciate right now



NOTICE THE LITTLE THINGS

- ☐ Look up into the trees
- ☐ Notice the way the light falls through the forest
- ☐ Listen for the closest sound, then the farthest
- ☐ Feel the ground beneath your feet
- ☐ Find something in nature you've never noticed before
- ☐ Take three slow, intentional breaths
- ☐ Spend one minute without taking a photo or checking your phone



CAMPFIRE CULTURE PHOTO CHALLENGE

Capture:



- ☐ Something tiny



- ☐ Something beautiful



- ☐ A favorite view



- ☐ Something unexpected



- ☐ A quiet moment



- ☐ Something that makes you feel alive

PAUSE & REFLECT



What am I grateful for today?



What can I let go of?



What is bringing me joy?



What do I want more of in my life?



BEFORE YOU HEAD HOME



- ☐ Take one final deep breath



- ☐ Look around one more time



- ☐ Thank nature for today's adventure



- ☐ Choose one memory you want to keep



The greatest adventure begins within. ♥

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