

Exploring New Activities and Passions

Purpose:

This exercise is to help you discover and engage in vital, absorbing creative interests that support your recovery and overall well-being. Mindfulness-based ecotherapy encourages you to notice your thoughts, emotions, and bodily sensations while exploring new activities, grounding your experience in nature and enhancing joy, focus, and presence.

Instructions

Choose your new activities and passions: Write down activities that interest you. These could be things you've wanted to try or always been curious about.

Rate your expectations: On a scale of 1–10, rate how much you expect to enjoy each activity.

Try the activity: Engage in it mindfully, preferably in a natural setting (outside, near water, in a garden, etc.). Notice your body, your breath, and your emotions as you explore.

Rate your experience: Afterward, rate the actual enjoyment (1–10).

Reflect: What surprised you? Did the activity feel different than you expected? Did nature or mindful attention affect your experience?

Mindfulness-Based Reflection Prompts

Before you start, pause and take 3 deep breaths, noticing your body and surroundings. While engaged, observe and describe sensations, thoughts, and emotions without judgment. Notice how nature (sunlight, wind, birdsong, water, or greenery) affects your experience.

Afterward, reflect:

- Did you enjoy it more or less than expected?
- Did you notice any resistance or excitement in your body?

Remember

Set aside at least 30–60 minutes per week for new pursuits. Self-care is a necessity for recovery, so don't neglect it. Make sure you include it in your weekly schedule!

Keep a journal of observations: what you tried, what surprised you, and how you felt afterwards. Over time, this helps identify vital interests that sustain recovery and creativity.

