

Accumulate Positive Emotions with Mindfulness-Based Ecotherapy

Name: _____ Date: _____

This worksheet helps you intentionally build positive experiences both short-term and long-term while grounding yourself in the natural world to strengthen emotional resilience.

Part 1: Short-Term Positive Experiences

Plan and savor small moments of joy, especially those rooted in nature. List 5 simple positive activities you can do today (Include at least one outdoors or nature-connected.)

1. _____
2. _____
3. _____
4. _____
5. _____

Choose one activity and describe how you will mindfully savor it. Use your senses: sight, sound, touch, smell, taste, movement.

Example: "While drinking tea outside, I'll notice the warmth in my hands, the breeze on my skin, and the shifting light through the leaves."

Part 2: Long-Term Positive Experiences

Build a life worth living by aligning actions with your values. Identify 3 core values (Examples: creativity, connection, stewardship, courage.)

1. _____
2. _____
3. _____

For each value, list one long-term goal and break each goal into small, nature-supported steps. Example: If your value is "connection," a step might be "Take a weekly walk with a friend in a nearby park."

Goal 1: _____

Nature-supported step(s) to support this goal:

Goal 2: _____

Nature-supported step(s) to support this goal:

Goal 3: _____

Nature-supported step(s) to support this goal:

Part 3: Mindful Nature Integration

Let the natural world help regulate your nervous system.

- Grounding Practice - Choose one:
- Sit with your back against a tree
- Walk barefoot on grass or soil
- Hold a stone, leaf, or piece of bark
- Listen to birds or flowing water

Describe what you notice:

Body: _____

Breath: _____

Emotion: _____

Thoughts: _____

What emotion softened or shifted during this practice?

Part 4: Reflection

Integrate the emotional and ecological wisdom of the moment.

What positive emotion did you experience today?

How did nature help amplify or stabilize that emotion?

What small action can you repeat tomorrow to continue building resilience?

Closing Mindfulness

Take a slow breath. Imagine planting a seed of today's positive emotion in the soil of your awareness. Trust that it will grow with attention, patience, and sunlight.