

# NATURE REFLECTION WORKSHEET

DESCRIBE YOUR RELATIONSHIP WITH NATURE.

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WHAT ELEMENT ( EARTH, WIND, FIRE, WATER,  
ETHOS[SPACE/DARKNESS] , LIGHT) DO YOU FEEL MOST CONNECTED  
TO AND WHY?

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WHICH SEASON ( AUTUMN, WINTER, SPRING,  
SUMMER) DO YOU CONNECT TO MOST? WHY?

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