

Quantin Binnah
Community Centre



Live your Best Life!



Wellness Workbook

Adults
ages 15+



Start of month Reflections

**Take time at the start of the month to reflect on
your time spent in nature and outdoors.**

What are my favourite outdoor activities, and how can I incorporate them more into my routine this month?

How can I create a balance between indoor and outdoor activities in my daily life?

What seasonal changes have I noticed in nature, and how do they affect me?



What are the health benefits of spending time outdoors, and how can I maximise them?

What outdoor hobbies or skills would I like to develop or improve this month?

What changes can I make to reduce my environmental impact and support nature conservation?

How can I create a nature-focused routine to help manage stress and improve my mood?

Keep your start of month reflections in mind when creating your smart goals and how you can you them to create a more peaceful month ahead.



November Challenge

Get Outside! Challenge

This month-long initiative encourages you to embrace the great outdoors by engaging in a daily outdoor activity.

Daily Activity: Each day, commit to spending time outside by participating in an outdoor activity of your choice. It could be a walk in the park, a hike, gardening, cycling, or simply sitting in your backyard enjoying the fresh air.

Variety: Mix up your activities to keep things exciting. Try new outdoor hobbies or revisit old favorites. The goal is to explore and enjoy different aspects of nature

Tips for Success:

Plan Ahead: Schedule your outdoor time each day to ensure it becomes a priority.

Be Prepared: Dress appropriately for the weather and bring necessary supplies like water, sunscreen, or insect repellent.

Follow local guidelines for outdoor safety, including any recommendations for social distancing or mask-wearing if needed.



Challenge Checklist

Check off each day you reflect/ think on your communication style and if you make any changes.

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Smart Goals

Can you set one goal for the month of November that could help improve your connection with nature and outdoors?
Think back on your reflections to inform your goal.

Specific

What exactly needs to be accomplished?

Who else will be involved?

Where will this take place?

Why do I want to accomplish the goal?



Measurable

How will I know I've succeeded?

How much change needs to occur?

How many accomplishments or actions will it take?

Attainable

Do I have or can I get, the resources needed to achieve the goal?

Is the goal a reasonable timeframe for me?

Are the actions I plan to take likely to bring me success?



Smart Goals

Relevant

Is this a worthwhile goal for me right now?

Is it meaningful to me?

Would it delay or prevent me from achieving a more important goal?

Am I willing to commit to achieving this goal?



Time bound

What is the deadline for reaching the goal?

When do I need to take action?

What can I do today?




End of month Reflections

Take time at the end of the month to reflect on your goals, challenges and time spent outdoors.

What were my favorite outdoor activities this month, and how did incorporating them into my routine impact my well-being?

How well did I balance indoor and outdoor activities in my daily life this month, and what adjustments could I make for better balance in the future?

What health benefits did I experience from spending time outdoors this month, and how can I continue to maximise these benefits?



How effective was my nature-focused routine in managing stress and improving my mood, and what improvements can I make?

Which outdoor hobbies or skills did I develop or improve this month, and what progress did I make?

What seasonal changes did I notice in nature this month, and how did they affect me physically, emotionally, and mentally?

What changes did I make to reduce my environmental impact and support nature conservation, and how successful were they?

Planning Guide

On the next page you will find a monthly spread page. Use this guide to help you fill in your spread and incorporate your goals and personal time into your month.

Get Outside Challenge:

Mark each day you complete an activity this month. By the end of the month you will be able to see how many days you've completed/

Key symbol:



Smart Goal Setting Day:

Allocate a day each month to disconnect from digital devices. Use your planner to choose a date and plan alternative activities like reading, journaling, or outdoor adventures.

Key symbol:



Reflection time:

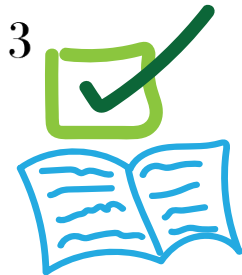
Schedule the time you for your monthly reflections. This can also include giving your self some quiet down time .

Key symbol:



Planning Example

See our example below of how you might like to use your monthly calendar:



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O U T D O O R S

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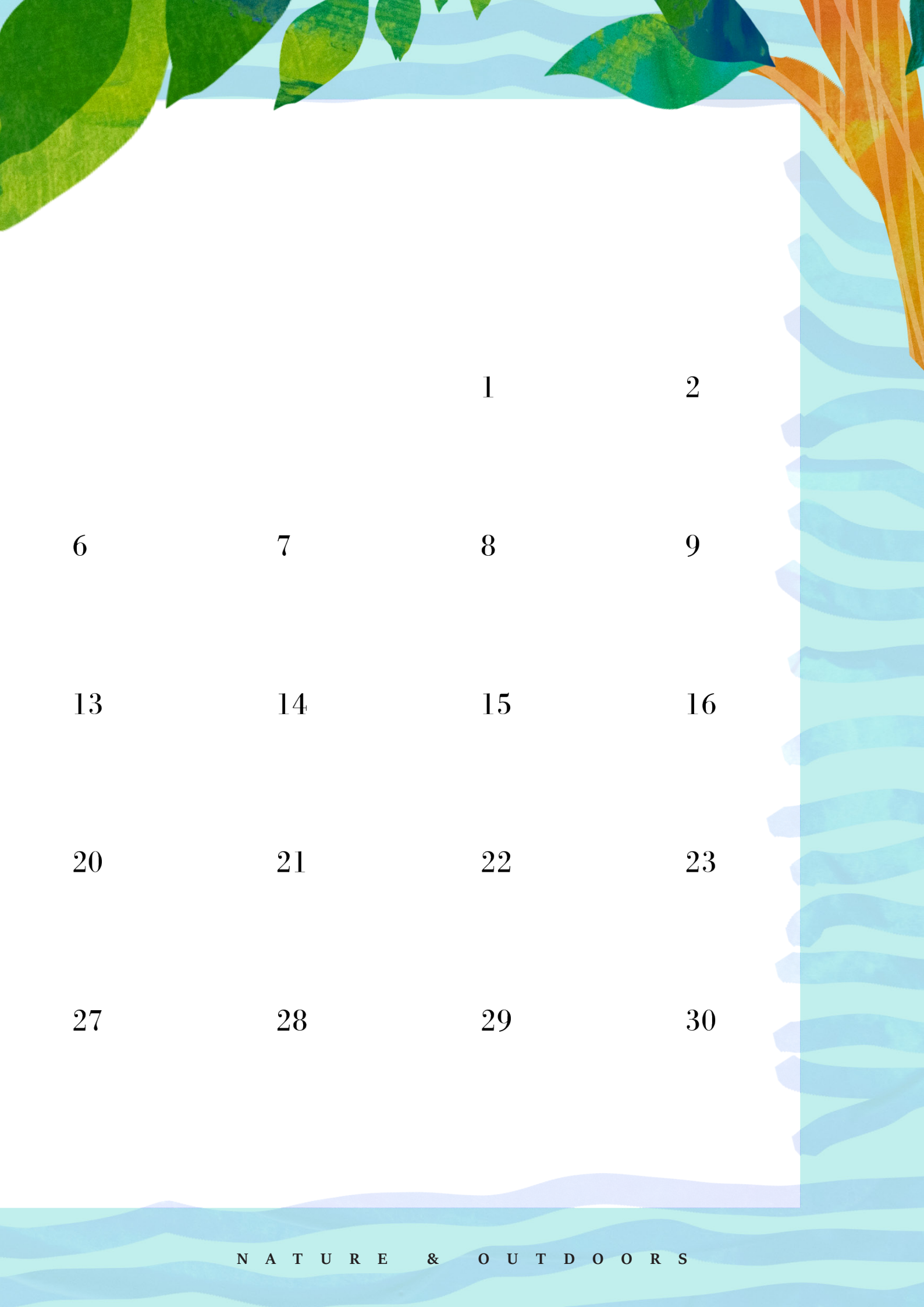
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