



# One Day in Nature Can Change Everything

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S.I.M.P.L.E. Systems for Thriving

# 1: Why One Day in Nature Can Change Everything

Have you ever felt like you were running on fumes? Waking up exhausted even after eight hours of sleep? Snapping at people you love? Feeling like life was moving so fast you barely had a second to breathe?

That was me.

I had a successful life on paper. A career people admired. A calendar full of commitments. From the outside, everything looked perfect. But inside? I was drowning.

Every day felt like a blur of obligations. Work. Family. Emails. Social media. There was never enough time. And somewhere along the way, I lost myself. I couldn't remember the last time I felt joy that wasn't tied to a to-do list. I couldn't remember the last time I laughed so hard it hurt or felt completely at peace in my own skin.

Then came the breaking point.

One morning, I sat in my car before work, and I whispered: *"Something has to change. I can't live like this."*

That's when I remembered something simple but powerful: **Nature heals.**

## Why Nature Works

Science backs it up:

- 20 minutes in nature lowers cortisol (stress hormone).
- Walking among trees improves mood, focus, and creativity.
- Listening to birds or water soothes the nervous system.

But I didn't need a scientific study. I just needed **space to breathe.**



So I made a decision. I cleared my schedule, packed a journal and water bottle, and drove to a local state park. That day changed everything.

I didn't have a complicated plan. I just walked. I listened. I felt the sun on my face, the earth under my feet. I wrote down what hurt, what I longed for, what I dreamed of. Hours later, I felt lighter—like someone had taken a hundred-pound weight off my shoulders.

That one day became a lifeline.

It gave me clarity.

It gave me calm.

It gave me **me** back.

And that's why I wrote this book—for you.

## What You'll Get from This Book

- A simple, step-by-step method to plan your own Day Trip Reset.
- Powerful reflection exercises that bring clarity and peace.
- Rituals that release stress and restore energy.
- A way to reconnect with your soul—without spending thousands on a retreat.

**You don't need more time off work. You don't need a private island. You just need one day.**

This book is your guide to making that day count.

# 2: Prepare for Your Reset

## Your One-Day Healing Ritual Starts Here

Before you pack a bag and head out, let's set the stage. This isn't "just a day trip." This is an intentional reset—a sacred pause designed to refill your cup so you can show up fully for the life you're building.

But here's what might happen first:  
You'll feel guilty.

## Let's Talk About Guilt

The moment you block off a day just for you, that little voice might start whispering: *"Shouldn't you be doing something more productive?" "What about the laundry, the emails, the kids?" "Isn't this... selfish?"*

I've been there. That voice is relentless. But here's the truth:

### **You can't pour from an empty cup.**

Every time you ignore your own needs, resentment grows. Exhaustion builds. And the version of you the world gets? Frazzled. Snappy. Running on fumes.

Taking a day for yourself isn't selfish—it's the opposite. It's one of the most generous things you can do. Because when you're rested, grounded, and aligned, you become a better partner, friend, mother, leader, and human.

### **So here's your permission slip:**

You deserve this.

Not because you've earned it by working hard.

Not because you'll be more productive after.

But because your well-being matters—always.



# Step 1: Pick Your Day

- Choose a day with minimal obligations. Saturday or Sunday works best for most people.
- Mark it on your calendar like a non-negotiable meeting. Treat it with the same importance as a doctor's appointment or a work deadline.

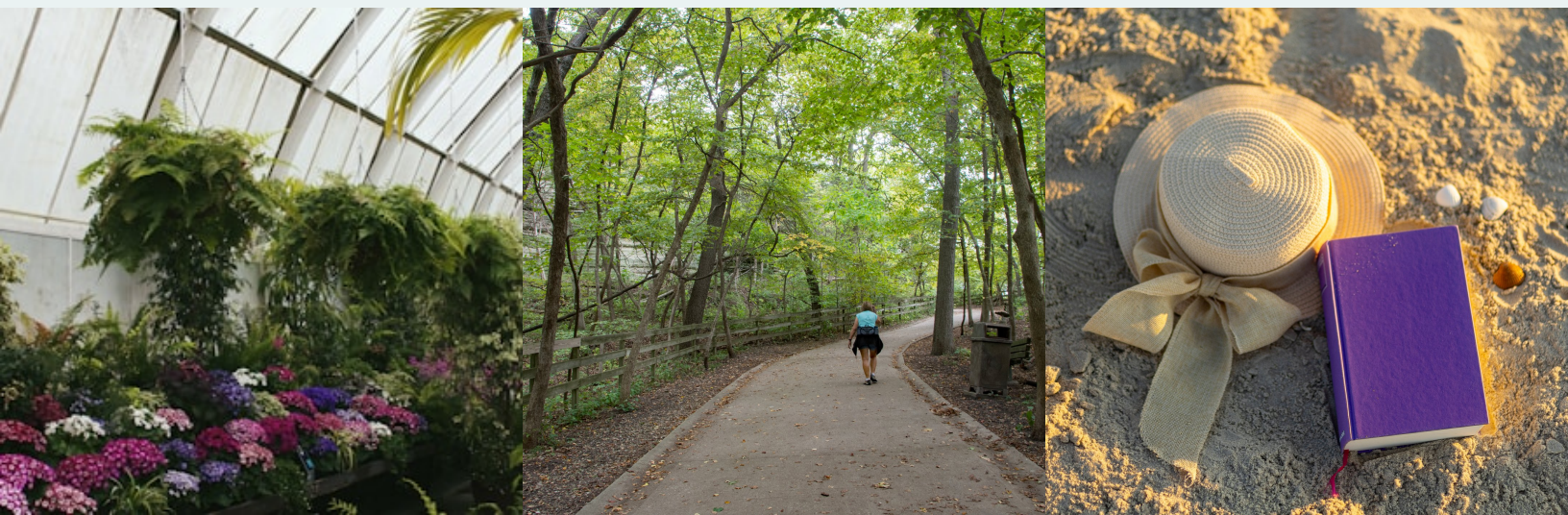
# Step 2: Choose Your Location

It doesn't have to be far or fancy. The magic isn't in the destination—it's in the intention.

Here are some ideas:

- A nearby park or botanical garden
- A nature reserve or hiking trail
- A quiet beach or lakeshore
- Even a large city park if that's what's accessible

Choose somewhere that feels **peaceful, safe, and beautiful to you.**





## Step 3: What to Bring

Here's your **Day Trip Reset Packing List**:

- ✓ Journal + pen
- ✓ Water bottle
- ✓ Light snacks (fruit, nuts, granola bars)
- ✓ Blanket or mat for sitting
- ✓ Comfortable shoes
- ✓ Optional: Camera, essential oils, favorite tea in a thermos, small backpack

**Pro Tip:** Leave behind anything that connects you to work or stress. (Yes, that means turning your phone on airplane mode.)

## Step 4: Shift Your Mindset

This is not a luxury. It's a necessity.

Tell yourself: *"Today, I choose me. I choose peace over pressure. Clarity over chaos. Alignment over autopilot."*

Repeat that out loud before you leave. Write it in your journal. Because this day is the beginning of something beautiful: a life where you prioritize your well-being unapologetically.



# 3: Set Your Intention

## Power of Beginning with Purpose

Here's the secret to turning your day trip from a pleasant outing into a life-shifting experience: **intention**.

An intention is not a to-do list. It's not about achieving something. It's about choosing how you want to feel and what you want to invite into your life.

Without intention, your day might feel good—but the benefits will fade quickly. With intention, your day becomes a **sacred container for transformation**.

## Why Intention Works

Think of intention like a compass. It points you in the direction of what matters most. When you hold an intention, your mind and heart work together to notice signs, feelings, and insights that support it.

## How to Craft a Powerful Intention

### 1. **Start with a Feeling, Not an Outcome**

Ask yourself: *"How do I want to feel at the end of today?"*

Calm? Clear? Free? Connected?

### 2. **Make It Present and Positive**

Instead of "I don't want to feel stressed," try: *"I choose peace and ease today."*

### 3. **Keep It Simple and Personal**

A good intention fits in one sentence. Example:

1. "I am open to clarity."
2. "I release what no longer serves me."
3. "Today, I return to myself."

# Journal Prompts for Your Intention

What has been weighing on me lately?

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What do I most need to let go of right now?

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If I could feel one thing today, what would it be?

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What do I want to welcome into my life?

Write freely.

Then choose one sentence that feels like truth

That's your intention.

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## Mini Ritual: Seal It with Breath

Sit comfortably. Close your eyes. Place your hand over your heart.

Take three deep breaths.

On each inhale, imagine drawing in peace.

On each exhale, imagine letting go of everything that feels heavy.

Then whisper your intention out loud:

***"Today, I choose..." (fill in your intention).***

You're ready

# 4: Connect with Nature

## *How to Let Nature Heal You, One Step at a Time*

You've set your intention. You've arrived at your location. Now, it's time to open yourself fully to the wisdom around you. It's a walk for your soul. It's about **noticing, feeling, and receiving**.

### Step 1: Slow Down

When you first step onto the path, pause. Look around. Notice the colors, the textures, the light. Take a deep breath and feel the air enter your body. Let your shoulders drop.

### Why This Matters

When you walk like this, you shift out of doing and into being. You slow your nervous system. You create space for answers to surface—not from a place of force, but from stillness.

**Pro Tip:** If your mind wanders (it will!), gently return to your senses. What do you see? Hear? Feel?



# Guided Mindfulness Walk Script

Read this before you begin, or record it as an audio note to guide you:

## 1. Start with Stillness

1. Stand at the start of your path.
2. Close your eyes. Feel your feet on the ground.
3. Take 5 slow breaths. With each inhale, imagine drawing in peace. With each exhale, imagine releasing tension.

## 2. Begin Walking Slowly

1. Walk at half your normal pace.
2. With every step, feel the earth beneath your feet. Notice the texture, the firmness, the sound.
3. Say silently with each step: *"Here. Now."*

## 3. Tune Into Your Senses

1. **Sight:** Notice the shapes of leaves, the way sunlight filters through branches, the dance of shadows.
2. **Sound:** Listen for layers—birds, wind, distant water, your own breath.
3. **Smell:** Take in the scent of earth, flowers, pine, fresh air.
4. **Touch:** Gently touch the bark of a tree, the softness of moss, the coolness of a stone.

## 4. Pause Often

1. Every few minutes, stop. Close your eyes. Listen deeply.
2. Ask: *"What does nature want me to know right now?"*
3. Just notice what rises—words, feelings, images.

## 5. Journaling Moments

Find a quiet spot to sit. Write down:

1. "What beauty did I notice that mirrors something in me?"
2. "What is nature teaching me about letting go?"
3. "What feels alive in me right now?"

# 5: Reflect and Release

## *Making Space for What Matters Most*

By now, you've walked slowly, breathed deeply, and opened your senses to the quiet wisdom of nature. You've set your intention and allowed your mind to soften.

Now it's time to do the most powerful part of this journey: **letting go of what no longer serves you**—and making space for what you truly want.

### Step 1: Reflection

Find a quiet spot. A fallen tree, a patch of soft grass, or a flat rock by the water. Sit comfortably. Take a few deep breaths.

Open your journal and answer these questions honestly, without judgment:

- *What feels heavy in my life right now?*
- *What am I holding on to that is no longer helping me?*
- *What do I keep saying yes to when I really want to say no?*
- Write until you feel empty. Get it all out—fears, frustrations, stories you've been telling yourself.

## Step 2: Release Ritual

Nature is full of cycles—leaves fall, rivers carry, seeds sprout. You can mirror that.

Here's a simple ritual:

- Tear a small piece of paper from your journal (or bring a spare sheet).
- Write down the ONE thing you're most ready to release.
- Hold it in your hands and say: *"I release this now. Thank you for what you taught me. You no longer define me."*
- Then, choose one of these:
  - ✓ **Water Release:** Place it in a stream or river and watch it float away.
  - ✓ **Earth Release:** Bury it under a tree or cover it with stones.
  - ✓ **Wind Release:** Tear it into small pieces and let the breeze carry it.
- Feel the weight lifting as you do this.

## Step 3: Invite New Beginnings

Now that you've cleared space, what do you want to welcome in?

Write a new list:

- *What do I want to feel more of in my life?*
- *What kind of woman do I want to become?*
- *What would my days look like if I lived fully aligned with my soul?*

Choose one word or phrase as your anchor for this new chapter.

Examples: **Peace. Courage. Joy. Freedom. Flow.**

Write it boldly in your journal. Circle it. This is your seed for the future.

Because you are part of the community now, I want to help you take the next step in embodying your authentic self. Now that you are experiencing more vitality, you'll also want to experience more abundance and wellness.

S.I.M.P.L.E. systems for Thriving provides you with the tools to explore your inner world, nurture your authentic self, and foster intentional living.

Unlock your potential with our exclusive e-books, journals, planners, courses, and a vibrant community.



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systems for thriving

Empowering growth-  
minded women to find  
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