



START THE YEAR WELL

Our inner nature reflects the outer nature, and winter is a time that calls for peace, recovery, and recharging.

A walk can awaken you from the inner winter hibernation. Grab one or more colleagues and gain energy, enthusiasm, and motivation to kick off the new work year with vigor – both in terms of tasks and teamwork.

Here are three wintry reflection questions that you can ask each other in pairs during your walk:



WHAT WORK TASKS DO I WANT TO LEAVE BEHIND?

(What do I want to compost?)

WHICH WORK TASKS ENERGIZE ME RIGHT NOW?

(Which seeds are sprouting?)

WHAT SPECIFIC ACTIONS WILL I TAKE TO MAINTAIN ENTHUSIASM AND MOTIVATION IN DEVELOPING MY TASKS?

(How do I make my seeds grow?)

Here are three suggestions on how you can physically and mentally recharge and gather energy during your walk:



SILENT WALKING (at the beginning of the walk)

Walk silently together, preferably at a significantly reduced pace, allowing your senses time to register what you see, smell, feel, hear, and possibly taste along the way. Try NOT to think about anything. Let your brain relax.

FOREST BATHING OR NATURE BATHING (midway through the walk)

Bring a sitting mat and find a quiet spot, possibly leaning against a tree. Sit for at least 10 minutes and observe with your senses what you experience. Absorb the atmosphere of nature. Become one with your surroundings. Breathe deeply.

FIND A NATURE SYMBOL (at the end of the walk)

Walk in silence and find elements in nature that can symbolize something central from your answers to the three reflection questions. It could be one or more things, such as an acorn, a feather from a bird, a leaf, or a stone shaped in a special way. Share your thoughts on the nature symbols with each other.