

# *I feel alive with the help of Mother Earth*

## **I feel alive with the help of Mother Earth.**

I wake up each morning feeling sunny, bright, and warm. I thank Mother Earth and all the elements of nature for the clean air I breathe and for allowing me to experience yet another day!

## **As I go about my day, I pay attention to the sounds of nature around me:**

the sound of wind blowing through the trees, raindrops falling on my windshield, the absolute quietness of the morning sunrise, and birds chirping in the background.

I reflect upon the largeness of Earth and the Universe as a whole. As I think about myself as one tiny speck among the billions and trillions of other living people, animals, insects, and plants, I am amazed and in awe of my own existence.

I feel strong, confident, cheerful, happy, and visibly brighter when I ponder the amazing wonders of Mother Earth.

## **Nature brings order to our chaos.**

Today, I am keenly aware of how my actions throughout my day affect Mother Earth and

her surroundings. I take time to listen to even the tiniest sounds while I'm sitting at my desk or in my car.

I thank my own Higher Power and Mother Earth for these experiences that fuel my energy throughout my day.

## **Self-Reflection Questions:**

1. How can I be a better steward of the responsibility I have for taking care of the earth?
2. How often do I take time to experience nature and its surroundings?
3. What are some ways that I can show others my gratitude for nature?