

5 CREATIVE HIKING RITUALS TO *Recharge Your Mind*



1. TRAIL *Journaling*

Pause to write down your reflections at a scenic spot. Here are some prompts. What colors do you see? What do you hear? What emotion are you feeling today?

2. NATURE *Sketching*

Bring a small sketchbook and draw a few quick sketches of the landscape or an interesting detail you notice.

3. MINDFUL *Breathing*

Stop to concentrate on your breath. Take 5 deep breaths in through your nose and out through your mouth. Count them as you go.

4. SENSORY *Exploration*

Engage your senses by noticing something for each:

✔ Sight ✔ Sound ✔ Scent ✔ Touch ✔ Taste

5. GRATITUDE *Reflection*

Reflect on three things in nature that inspire gratitude. It could be a view, an animal, or even your strong legs that carried you here.



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