

Outdoors for Life

VISION BOARD OF: _____

Fill out this page individually or together before you start your journey and discuss your responses...

What are my/our motivations for increasing our physical activity in the outdoors?

Is there anything holding me/us back?

How do I feel when I am outdoors in nature?

What outdoor activities would I/we love to try or do?

What do I/we know is available in our area?

What are my/our hopes and goals for our journey?

(You might like to make it a SMART goal: Specific, Measurable, Attainable, Relevant, Timebound)