CHECKLIST

Signs your outdoor practice is working

- [ ] Note how quickly you fall asleep after outdoor time
- [ ] Track the gap between urges over several days
- [ ] Watch whether difficult moods pass more quickly
- [ ] Check if you returned outdoors without forcing it
- [ ] Notice physical signs like unclenched jaw or steady breathing
- [ ] Ask someone close whether they see changes in you
- [ ] Keep the practice even when progress stalls