



Nature-Based Reframes

Gentle Wisdom from the Living World



The natural world has a way of thinking without words — an instinct for balance, rhythm, and renewal. These **Nature-Based Cognitive Reframes** invite you to borrow that wisdom.

Each card offers a gentle shift in perspective drawn from the quiet intelligence of nature.

Where a tree bends, a mind adapts.

Where moss softens stone, compassion softens thought.

Pause, reflect, and let your next thought grow differently.

Each card begins with a **common troublesome thought** (e.g., “I’m falling behind”) and ends with a **natural metaphor or truth** (e.g., “Even seasons need rest between growth”).

When your mind feels cluttered, hold a card, breathe, and notice — what in nature mirrors this moment?

Let that image guide your next small shift in thought.

A cognitive **reframe** is a new way of looking at the same situation. It doesn't erase reality — it widens it. A reframe invites you to look at a challenge from a new angle so your thoughts, emotions, or actions shift from stuck to possible. A **reframe** doesn't deny the storm — it reminds you that you're taking the time to learn how best to steer the boat.

Topic or Category

Troublesome Thought



Natural metaphor or truth:
Nature-Based Reframe!

FranLaff.com/dailies

Ways to Use These Cards:

- Shuffle the cards or choose one that matches your mood.
- Read the “stuck” thought slowly, without judgment.
- **Pause and breathe.** Notice what emotion it stirs.
- Read the reframe aloud — once as a statement, once as a question.
- Reflect, write, draw, or simply sit with the shift it offers.
- **Morning:** Draw one card and let its imagery guide your intention for the day.
- **Evening:** Reflect on how that reframe showed up in your experiences.
- **In Nature:** Take one card on a walk; find something outdoors that reminds you of that reframe.
- **In Journaling:** Write your own “next reframe” on the backside — how might your mind’s landscape shift further?
- **In Groups:** Share one card and discuss how it appears in human, animal, and natural behavior.



Pressure

I can't keep up.



Seasons move in cycles,
not races.

[FranLaff.com/dailies](https://franlaff.com/dailies)

Pressure

I'm wasting my potential.



Hibernating bears aren't wasting
time—they're restoring.

[FranLaff.com/dailies](https://franlaff.com/dailies)

Social Doubts

They're just being polite.



Pollinators don't visit blooms
out of pity.

[FranLaff.com/dailies](https://franlaff.com/dailies)

Social Doubts

I can't trust anyone.



Wolves hunt in packs because
trust keeps them alive.

[FranLaff.com/dailies](https://franlaff.com/dailies)

Fear of Change

I'm not ready.



Spring doesn't wait until
every bud is sure.

[FranLaff.com/dailies](https://franlaff.com/dailies)

Fear of Change

I can't let go.



Trees drop leaves to survive
the cold.

[FranLaff.com/dailies](https://franlaff.com/dailies)

Emotional Pain

I can't handle how heavy this is.



Elephants carry grief together
and still walk on.

[FranLaff.com/dailies](https://franlaff.com/dailies)

Emotional Pain

I'll never get over this.



Stunning canyons form from
old wounds in stone.

[FranLaff.com/dailies](https://franlaff.com/dailies)

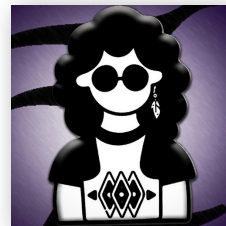
CHECK OUT THESE OTHER RESOURCES:

or visit FranLaff.com

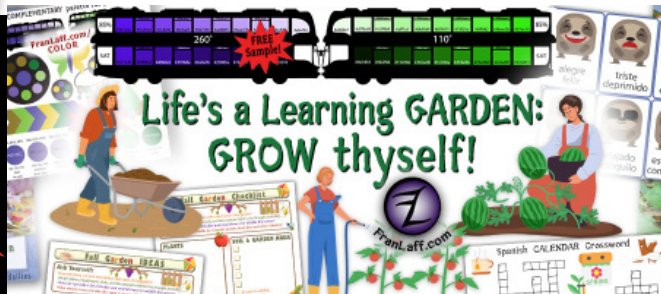


PAUSE and learn something new each day using Fran's ever-growing collection of digital and printable CARDS:

FranLaff.com/dailies



Fran's About/Contact Page is at:
FranLaff.com/help



Hunt for FREEBIES in ALL topics on Patreon!

Patreon.com/FranLafferty



FREE customizable online wordsearch puzzles - a different layout every time!

FranLaff.com/free-online-wordsearches

Copyright © 2025 Fran Lafferty: FranLaff.com