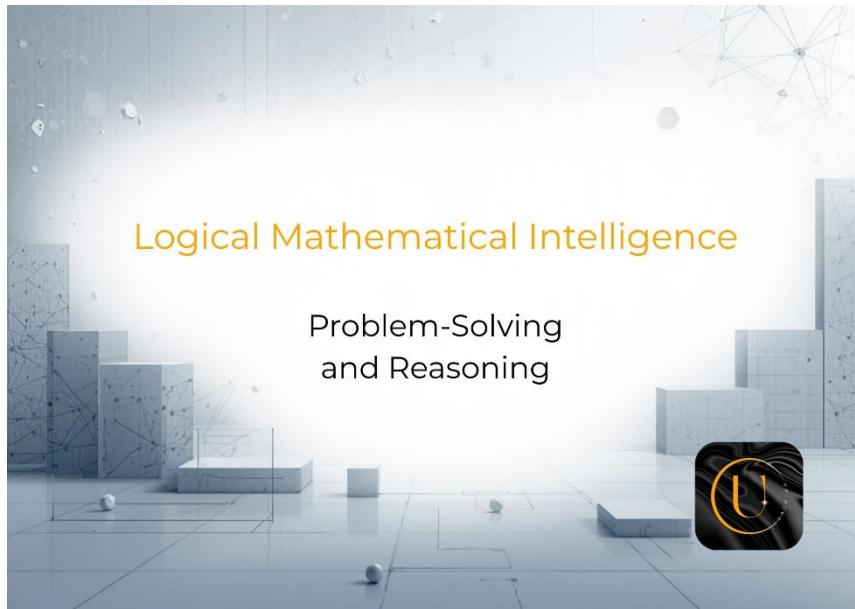


## Day 6: Logical-Mathematical Intelligence – Problem-Solving and Reasoning

Theme: Applying logic and problem-solving skills to the environment



Today's walk encourages critical thinking and problem-solving skills. Reflect on patterns, numbers and logical structures in your surroundings.

Before the Walk:

Set an intention to explore the world through the lens of logic or analysis. Maybe you are trying to solve a puzzle in your life, work or business.

Walk Guidance:

Look for natural or human-made structures that involve logic, such as roads, bridges or architectural features.

Try to solve problems in your head during the walk. Think through challenges you are facing using logic.

Pay attention to patterns in the natural world that seem mathematical, i.e. spirals, symmetry, sequences.

Reflection:

- Did your walk spark any new insights or creative solutions?
- How does the act of walking help you organise your thoughts logically?