Mindfulness Walk Worksheet

Name:	Ag	ge:	Gender:	Male	Female	Other:	Date:
Instructions							
As you embark on your walk, pa experience each moment.	ay close attention to your surrou	ndings using al	l your senses	s. Engage w	rith each activ	rity mindfully ar	nd take your time to fully
1. Before you start your walk	, take a moment to set an inte	ention for your	practice. WI	hat do you	hope to gair	n from this exp	perience?
2. Engage with your surround each sense:	dings using all your senses. T	Take note of w	hat you see,	hear, smel	I, taste, and	feel. Write dov	wn your observations for
Sight What catches you eye?	Sound What do you hear?		Smell 9 you smell?		Taste What do you		Touch What do you feel?
3. Take a moment to express Write them down below:	gratitude for the beauty and a	abundance are	ound you. Re	eflect on th	ree things yo	ou are gratefu	I for in this moment.
4. As you conclude your min you learn about yourself o	dfulness walk, take a moment r your surroundings?	t to reflect on ^v	your experie	nce. How c	lo you feel c	ompared to w	hen you started? What did