

Mindfulness Walk Worksheet

Name: _____ Age: _____ Gender: Male Female Other: _____ Date: _____

Instructions

As you embark on your walk, pay close attention to your surroundings using all your senses. Engage with each activity mindfully and take your time to fully experience each moment.

1. Before you start your walk, take a moment to set an intention for your practice. What do you hope to gain from this experience?

2. Engage with your surroundings using all your senses. Take note of what you see, hear, smell, taste, and feel. Write down your observations for each sense:

Sight What catches your eye?	Sound What do you hear?	Smell What do you smell?	Taste What do you taste?	Touch What do you feel?

3. Take a moment to express gratitude for the beauty and abundance around you. Reflect on three things you are grateful for in this moment. Write them down below:

4. As you conclude your mindfulness walk, take a moment to reflect on your experience. How do you feel compared to when you started? What did you learn about yourself or your surroundings?