

# Mindful Walking

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



How often do we pay the fullness of our attention to the way in which we walk? Unless we are practitioners of walking meditation, it is likely that our simple daily movements pass by without our full awareness of it.

Mindful walking is a practice that increases our focus and presence, helping us to tune into the simplicity of one of our most basic daily movements. This practice invites you to take pause as you tune into the full experience of walking.

To practice, find a space where you will be able to take approximately ten full steps in one single direction. If you have trouble balancing, you might want to do this next to a wall. A safe and comfortable outdoor setting would work for this exercise as well if that feels inviting.

### **PRACTICE:**

1. To experience walking with full presence, begin by standing affirmatively in one spot. Notice the sensations of the earth or floor against your shoes or feet. Take three full breaths to settle the mind and to ground yourself in this practice.

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2. Begin by taking one slow step at a fraction of the speed you would normally take it at. Slow it down beyond what feels natural for you.

3. With this step (and with each to come), grant the fullness of your awareness to the sensation of the movement. With open awareness, observe:

- The movements in your foot and ankle as you lift your foot off the earth and as it comes back down
- The feeling of the earth or ground beneath your feet
- Any sensations that arise in your legs as you walk
- The way the breath moves through you as you walk
- Any other movements or subtle sensations in other parts of the body
- Any thoughts or feelings that may be arising in the mind

4. As you take about ten full steps in one direction, continue to ground your attention in the experience of walking.

*Note: You do not need to count out your ten steps. This is just a general guideline. Pay more attention to the movement itself than to the number of steps taken.*

5. When you have finished moving in one direction, mindfully turn around to head back to where you began. Offer your pivot the same level of open awareness as you cultivated during your previous steps.

6. Slowly make your way back to where you began. See if you can allow your movements to become more fluid and graceful as you immerse yourself in the flow of walking.

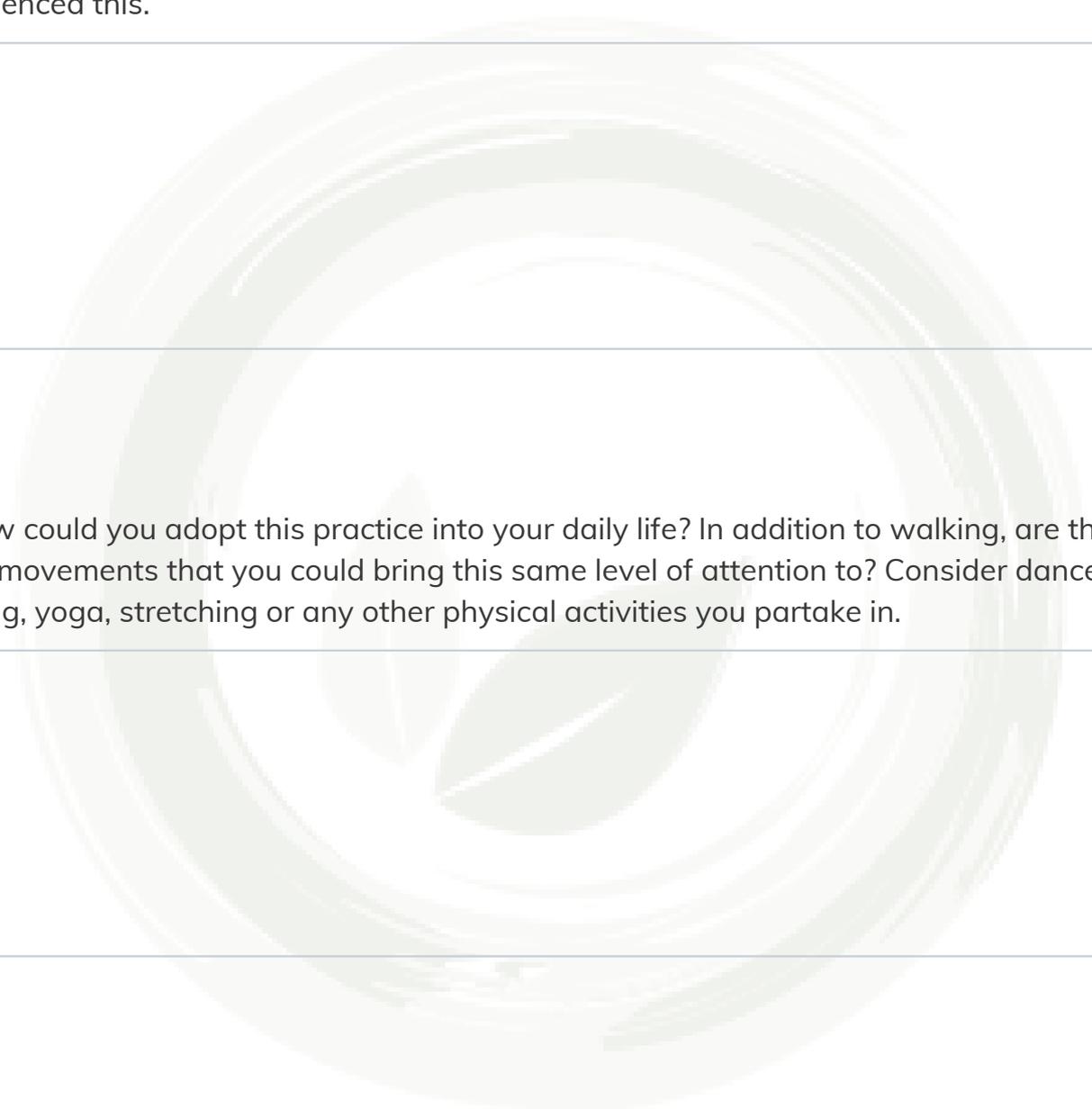
7. When you return to where you first started, root yourself back into the ground beneath you. Take three full, mindful breaths and then reflect upon your experience of this practice.

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### REFLECTION QUESTIONS:

1. How did it feel to move in this way? Consider how both the body and the mind experienced this.



2. How could you adopt this practice into your daily life? In addition to walking, are there other movements that you could bring this same level of attention to? Consider dance, jogging, yoga, stretching or any other physical activities you partake in.