

Mindfulness Walk Worksheet

Name: _____ Age: _____

Gender:

☐ Male ☐ Female ☐ Other

Date: _____ dd / mm / yyyy

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?

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?