

MINDFULNESS SENSES WALK

Designed to help you slow down and tune in—to your body, your breath, and the world around you.



BONA FIDE

PSYCHOTHERAPY & COUNSELLING

INSTRUCTIONS:

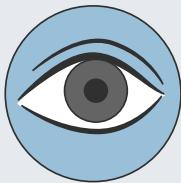
As you walk, bring your attention to the present moment by tuning into your senses.

If your mind starts to wander, gently bring your focus back to what you can see, hear, or feel.

In each of the designated boxes below, write at least 3 things you can see, hear, feel, and smell. Then, in part 2, reflect on your experience, how it helped you, and how you can use what you've learned in your daily life.

PART 1: WHILE YOU WALK

I SEE



I HEAR



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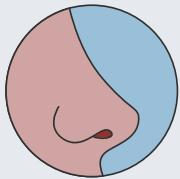
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I FEEL



I SMELL



PART 2: AFTER WALK REFLECTION

How do I feel now compared to before the walk?

What would I like to carry with me from this experience?

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