

Mindfulness of 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



1. Walking meditation allows you to feel grounded and leave the stress and anxiety behind. Generally when you walk it is to go from one point to another, being constantly in motion to get somewhere.
2. Mindful walking has a deliberate purpose, with each step you are arriving in the present moment.
3. We all learn to walk as babies and have probably done it every day since then without a second thought. We take for granted the ability of our feet to balance our body.
4. Mindful walking develops awareness of your body. You begin to notice the movement of each foot as you go through the motions of walking - - lifting the foot, moving the foot forward and then placing the foot back down with each step.
5. This is a simple process but in the beginning before lifting the other foot, you should finish one step completely. "Lift the foot, move the foot, place the foot. Lift the foot, move the foot, place the foot."
6. Begin this process slowly and become aware of the movement of your body. You will experience many changes during the day. Sometimes you will walk slow and other times you will walk quickly, depending on your circumstances.

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7. Focus on the sensation of the movement of lifting each foot, moving it forward and placing it back down. Practice walking meditation throughout your day a few minutes at a time.
8. Find a peaceful spot where you can walk back and forth undisturbed for about ten minutes no more than ten to twenty feet without distractions. Focus all of your attention to this exercise.
9. First begin to walk slowly noticing the sensation on the bottom of your feet, from the tips of your toes to the back of your heel, as each foot touches the ground.
10. Pay attention to the movement of your body as you walk, not only your feet but your entire body – the side to side movements of your hips, the back and forth swing of your arms.
11. Pause for a moment and stand still. Notice the feeling of your body standing on the ground.
12. Take a look at your surroundings, noticing the sounds, sights, and smells. Acknowledge any emotions or thoughts.
13. Now begin to walk again, focusing only upon walking as you place your weight on the right leg and lift up the left foot, moving it forward, and placing it back down on the ground.
14. Now shift the weight to the left leg and begin to lift up the right foot, moving it forward, and placing it back down on the ground.
15. Slowly begin walking once again noticing the sensation on the bottom of your feet, from the tips of your toes to the back of your heel, as each foot touches the ground.
16. Pay attention to the side to side movements of your hips, the back and forth swing of your arms.
17. Be aware of each step until you come to your designated stopping point. Then notice the elaborate process involved with turning and with mindfulness continue to walk back to your starting point.
18. Be solely focused on each step.

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19. One step at a time, continue the process of walking, turning, and returning to your starting point.

20. Walk with mindfulness.

How will you take what you learned from this forward into your life?

