

Taking in the World While 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 are we fully attuned to the world around us while walking? It is not uncommon for us to frequently miss out on the world while we're heading to the subway, running to a meeting, or on our way to the grocery store. Even during walks in nature, we often find ourselves distracted by our personal devices or by ruminating thoughts.

This exercise is a chance to explore walking with open awareness. It is an opportunity to take in the world with full attention as you move through it.

PRACTICE:

1. The next time you head out for a walk, set the intention to be fully present to the world around you. Put your phone away and take your headphones out of your ears so that you can truly absorb the experience.
2. As you begin walking, first notice the speed and fluidity of your movement. You do not need to judge it; simply notice it, allowing it to change naturally if it wants to.
3. Then notice the physical experience of walking: your feet making contact with the earth, the muscles that are engaged, the way your arms swing by your sides. Notice whatever way your body moves as your feet carry you along.

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4. Broaden your awareness further as you note the flow of your breath. Is it deep or shallow? Slow or fast? Again, there is no need to judge whatever you notice; simply observe whatever is present.

5. Once you feel grounded in breath and body, open your senses to take in the world more fully:

- Notice any smells that enter your nostrils
- Observe any sounds that fill your eardrums
- Notice the temperature of the air against your skin
- Notice the colors, textures, and forms of the world around you

6. Let your eyes land for a while longer on something that pleases you (if you need to step off to the side and stand still in order to do this safely, do so).

7. You might choose a flower, a garden bed, the way the light catches a building, the gentle sway of tree branches, a unique piece of architecture, a plant breaking through the cement, or anything else that positively draws your attention to it.

8. Spend anywhere from twenty seconds to a few minutes admiring whatever has caught your eye. Notice how it makes you feel to offer it your full attention.

9. Continue this practice of walking with full awareness for as long as it feels comfortable for you to explore.

REFLECTION QUESTIONS:

What other seemingly small acts or movements in your daily life might you bring greater presence to?