

Go for a mindful walk.

- Go for a walk outside.
- Focus your mind on the walk, not the past or the future. Be aware of now.
- Feel the air. Feel your body moving. Breathe.
- See the world but don't judge it. Just let it be.
- When your mind wanders off bring it back to the present.
- Accept thoughts and don't judge them.
- Accept the world and don't judge it.
- Repeat. Extend the amount of time you can walk before your awareness wanders.

Take your brain for a walk.

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Please share.

