

Mindful Walking Journal

Practicing mindful walking daily can help you manage stress and maintain a sense of calm.
Here are some questions to help you record your walking adventures.

DAY 1

Where did you walk?

What interesting things did you see?

What was the weather like?

Describe your walk using 3 words.

DAY 2

What was different about your walk today?

What sounds did you hear?

Did you notice the clouds in the sky?
What shapes were they?

Describe your walk using 3 words.

DAY 3

How long did you walk?

What did the ground beneath your feet feel like?

Did you see any animals on your walk?

What was your favourite part of the walk?

DAY 4

What route did you take today?

Did you meet anyone on your walk today?

Did you smell anything on your walk?

How did you feel at the end of the walk?



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DAY 5

What was different about your walk today?

What was your surrounding like?

What did you feel?

How far did you walk?

DAY 6

What song would you say described your walk?

Did you take a different path today?

What speed were you walking at?

How did the walk make you feel?

DAY 7

What was something you liked and something you disliked about your walk?

How did the walk affect your mental health?

How did the walk make you feel?

Did you take anyone with you on your walk?

DESCRIBE ONE OF YOUR WALKS IN DETAIL

