





Summer Walk Reflection



A MOMENT TO PAUSE, NOTICE
AND APPRECIATE


*A walk is more than just the miles we cover.
It's a chance to slow down, breathe deeply
and reconnect with the beauty around us
and within us.*





SLOW DOWN


BREATHE DEEPLY


BE PRESENT





 Where did you walk today?





 What did you notice?





 How did you feel
before your walk?





 How did you feel
after your walk?






 What was the most beautiful thing you saw?



 What did you hear?



 What are you grateful for
from this walk?



*Take only memories,
leave nothing but
footprints and kindness.*

