



WORKSHEET: MINDFULNESS WALK

Take yourself on a solitary walk, and use this simple mindfulness technique to train your brain to pay attention.

This will also help to build your capacity for creative thinking, artistic expression, problem-solving and innovation.

* List six things you can see. Push past the obvious and look for details.

1.

2.

3.

4.

5.

6.



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* List six things you can hear. If you need to, and if you have the time, you may even want to find somewhere to sit and close your eyes while you do this.

1.

2.

3.

4.

5.

6.



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* List six things you can smell.

1.

2.

3.

4.

5.

6.



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* List six things you can feel. This doesn't only need to be about classic touch via the fingertips. Think of wind on your skin, heat or cold, your clothing.

1.

2.

3.

4.

5.

6.