



Gratitude Walk Challenge



CHALLENGE DESCRIPTION:

Welcome to the **Gratitude Walk Challenge**! Over the next 7 days, we'll combine the calming benefits of movement with the uplifting practice of gratitude. Nourish both your body and mind by taking a 15-minute walk each day and reflecting on three things you're thankful for.

Why Practice Gratitude on a Walk?

Walking is not only great for your physical health, but it also clears your mind and creates the perfect opportunity for reflection. **Research** shows that practicing gratitude can significantly boost mood, improve resilience, and foster a more positive outlook on life. Pairing this with movement enhances mental clarity, reduces stress, and leaves you feeling refreshed and focused. Together, walking and gratitude create a powerful habit that supports overall well-being.

THE CHALLENGE

1. **Take a 15-Minute Walk Daily:** Choose a time and place that fits your schedule—whether it's a stroll in your neighbourhood, a park, or even around the block.
2. **Reflect on Gratitude:** During your walk, think of three specific things you're grateful for. These can be big or small, personal or universal.
3. **Be Present:** Engage your senses during the walk—notice the sights, sounds, and sensations around you to ground yourself in the moment.
4. **Write It Down:** After your walk, jot down your reflections in a journal or notes app to solidify your gratitude practice.

Tips for Success!

- **Choose a Comfortable Pace:** Walk at a pace that feels natural and relaxing.
- **Mix It Up:** Explore new routes or revisit favourite spots to keep your walks engaging.
- **Practice Deep Breathing:** Take slow, mindful breaths during your walk to enhance relaxation.
- **Stay Consistent:** Set a reminder each day to make this practice a priority.

If you need inspiration, use these prompts to guide your gratitude reflections:

DAILY PROMPTS

1



Day 1:

What made you smile today?

2



Day 2:

Who is someone in your life that you're thankful for?

3



Day 3:

What's one thing about your health or body that you appreciate?

4



Day 4:

What is something in nature that brings you joy?

5



Day 5:

Think of a challenge you've overcome—what did you learn, and why are you grateful for that experience?

6



Day 6:

What's one thing you're looking forward to, and why?

7



Day 7:

Reflect on the week—how has this gratitude practice made you feel?

DAILY PROMPTS

CHALLENGE COMPLETE!

At the end of the week, take a moment to look back on your gratitude reflections. Have you noticed a shift in your mindset or energy? Walking with gratitude is a simple yet powerful way to embrace positivity and mindfulness. Keep the habit going, and enjoy the benefits of a lighter, more grateful heart. Let's step into gratitude—one walk at a time!



Congratulations on completing the **Gratitude Walk** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

