

# Mindful Walk Journal



**MOORE**  
—MINDFUL SERVICES—  
COMMITTED TO YOU!

TAKE A MINDFUL WALK AND REALLY FOCUS ON ALL OF YOUR SENSES. AFTERWARDS SEE HOW MUCH YOU CAN FILL IN.

## THINGS I COULD HEAR...

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## THINGS I COULD SEE...

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## THINGS I COULD FEEL AND SMELL...

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