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Gratitude Walk

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

— Ralph Waldo Emerson

The gratitude walk is about finding positivity in each moment, bringing our mental and physical energies to a higher level, and/or taking time to re-train our brain to see the positive things in every moment. The most powerful time to do this exercise is when you are feeling negative, hopeless, down, or when it feels stupid to do the walk. Just like exercise with the body, the brain grows the most when it is trained at the most stressful point.

If walking is difficult or if you have difficulty finding time to walk, find a way to incorporate whatever it is you are doing with your body-washing dishes, folding laundry, etc, into the rhythm of your appreciations. The most important thing is to speak out loud while moving your body. Walking in nature has a potent energy and is ideal, but there is power in finding gratitude in every moment.

Allowing Gratitude

1. Start by becoming aware of your thoughts, emotions, and body sensations-do not judge, just realize what is coming up for you.
2. Begin walking or performing your task attentively.
3. Softly say out loud every little individual thing that you are grateful for-even if it seems insignificant or silly. It can be that you have a bed to sleep in, that you ate dinner that afternoon, that the sun is shining (or not shining), etc. It can be about you, family, life, world, etc.
4. Allow the energy of those little things to penetrate you and uplift you. If you find yourself stuck, take gentle note of it, then move on. Be grateful that you have awareness of where you are stuck and that you can work on it in the future. 😊
5. When you feel your session is complete, give yourself gratitude. Thank yourself for taking the time to appreciate life (or whatever word/s come up for you.)

“Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.”

— Epicurus



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