

# Mindfulness Challenge # 2

Instructions: go for a mindful walk and find the following.

ONE THING YOU LOVE

ONE THING THAT IS IMPORTANT TO YOUR FAMILY SUCH AS A PHOTO.

ONE THING THAT IS YOUR FAVORITE COLOR

ONE THING THAT REMINDS YOU OF SOMEONE YOU CARE ABOUT

ONE THING THAT YOU LIKE THE SMELL OF

ONE THING THAT MAKES YOU HAPPY

ONE THING THAT MAKES YOU FEEL CALM

Enjoy your walk!

