

Gratitude Stroll

When was the last time you really looked around you? There is a lot to be grateful for right outside your front door, no matter where you are. Go for a walk around your neighborhood and savor the moment. Studies show that savoring enhances positive emotions and increases your happiness over time. By taking a gratitude stroll, you not only get the physical benefits of walking, but the emotional benefits of gratitude too.

BEFORE YOU HEAD OUT

Commit to using *at least* 3 of the 5 common savoring methods below to maximize your experience.

- Share the experience.** *Bring someone along on your walk or tell them about it afterwards.*
- Take photos or capture a mental image of what you see.** *What catches your eye?*
- Focus on details in your surroundings.** *What do you see, smell, or hear?*
- Practice gratitude.** *Make a list in your head about everything you are thankful for during your walk.*
- Dismiss negative thoughts.** *Be aware of your thoughts and make an effort to think positively.*

AFTER YOUR WALK

Take a moment to reflect.

Write about or sketch things you noticed during your walk

What did you think about during your walk?

What did you enjoy most about your gratitude walk?