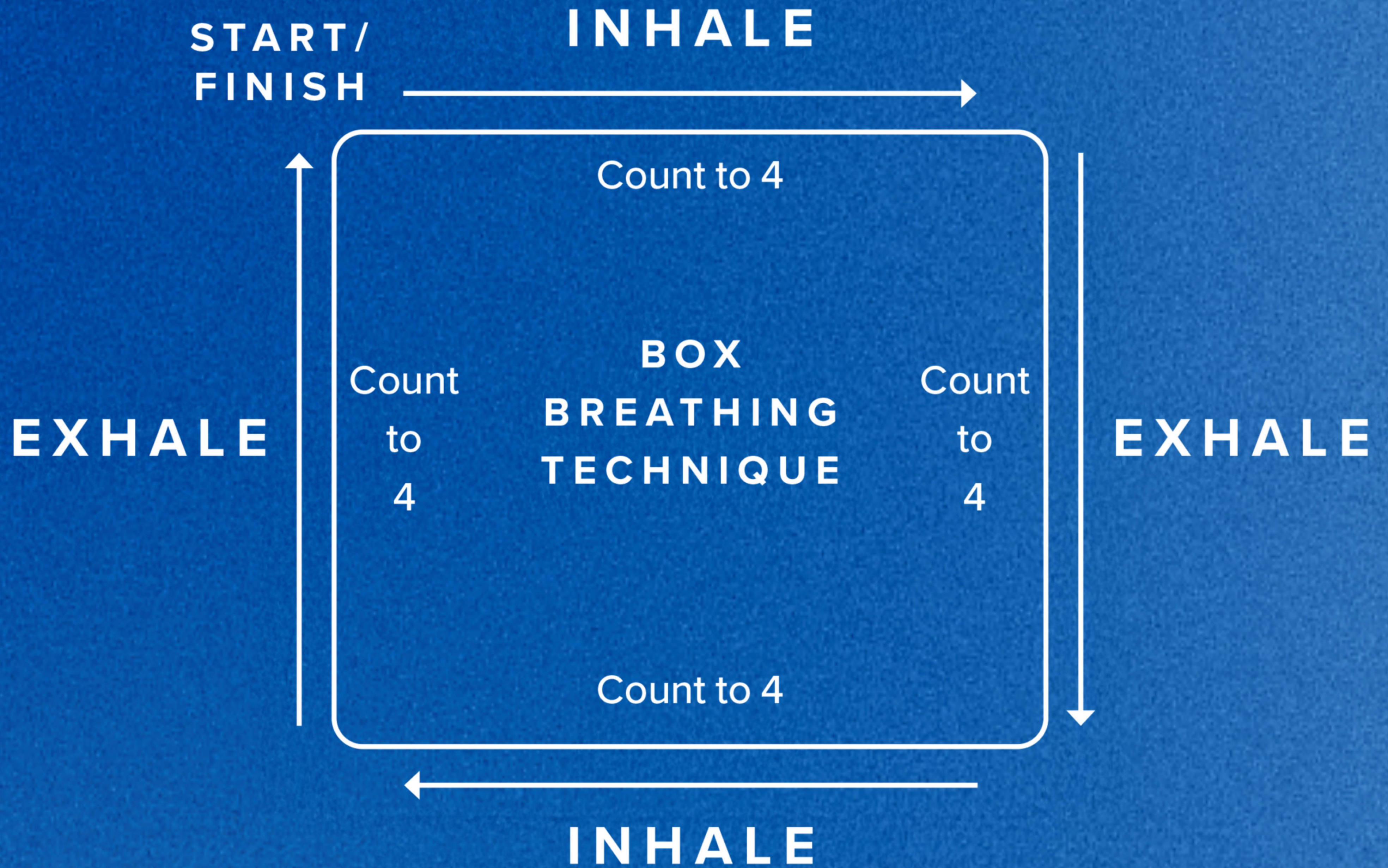




Future Ancestor

- What do you hope future people know about this moment in history?
- What life lessons can you share with them?
- When you think about what you want to share, what does that teach you about yourself?
- What do you want to be remembered for?
- Write about that.



Gratitude Steps

- Start walking at a comfortable pace
- For the first 2 minutes, with each step say internally: "Thank you, feet" (for carrying you)
- For the next 2 minutes, with each step name something you're grateful for at work (even small things: "coffee," "kind coworker," "lunch break")
- For the next 2 minutes, with each step name something you're grateful for in life (even tiny things: "sunshine," "breathing," "home")
- End by saying "thank you" to yourself for taking this break
- What were you most grateful for today?
- How does gratitude feel in your body while walking?
- What surprised you about what you're thankful for?
- How can you bring gratitude into your workday more?



Color Collecting Walk

- Before you start walking, choose one color (red, blue, green, yellow, etc.)
- As you walk, look for examples of this color
- Count how many different examples you find
- Notice the different shades and varieties
- Take photos if you want, or just notice with your eyes
- When you return, write down how many you found
- What color did you choose and why?
- How many examples did you find?
- Did looking for color change how you felt?
- What beauty did you notice that you usually miss?

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Breath Counting Walk

- Start walking at a natural pace
- Count your steps as you breathe: Breathe in for 4 steps, breathe out for 4 steps
- Keep this pattern: In-2-3-4, Out-2-3-4
- If 4 steps feels too long or short, adjust to 3 or 5 steps
- Continue for your whole walk
- Notice how you feel when you return
- How did matching breath to steps feel?
- Did your breathing slow down or speed up?
- How does your body feel different after this walk?
- When during your day could you use this practice?

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Release and Receive Walk

- Start walking at a comfortable pace
- For the first 5 minutes, imagine with each exhale you're breathing out stress, tension, or worry (visualize it as smoke, dark clouds, or heavy weights leaving your body)
- For the next 5 minutes, imagine with each inhale you're breathing in calm, peace, or energy (visualize it as light, fresh air, or bright colors entering your body)
- End with three complete breath cycles
- Notice how your energy shifted
- What did you visualize releasing?
- What did you visualize receiving?
- How does your energy feel different now?
- What would you like to release tomorrow?

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Mantra Walking

- Choose a simple phrase that helps you (examples: "I am here," "This too shall pass," "I am enough," "Breathe in calm, breathe out stress")
- Start walking at a comfortable pace
- Repeat your phrase silently with each step or each breath
- When your mind wanders, gently bring it back to the phrase
- Continue for your whole walk
- Notice how you feel when you return
- What phrase did you choose?
- How did repetition affect your thoughts?
- Did your mind wander? What brought you back?
- What other phrases might help you during hard days?

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Nature Connection Walk

- Walk to any outdoor space (parking lot trees, courtyard, sidewalk plants count!)
- Look for living things: trees, grass, birds, insects, flowers, weeds
- Choose one living thing and really look at it for 1–2 minutes
- Notice details: colors, textures, movements, shapes
- Thank this living thing silently for sharing space with you
- Continue walking and noticing other living things
- Write down what you saw when you return
- What living thing did you focus on?
- What details did you notice?
- How does connecting to nature affect your energy?
- How can you bring nature connection into your daily routine?

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Professional Pride Walk

- Start walking at a comfortable pace
- Think about why you first chose to work in public service (what called you to this work?)
- As you walk, remember one moment from your career when you made a real difference (big or small)
- Think about one thing you did today that mattered (even if it felt small)
- With each step, say silently: "My work matters"
- When you return, write down the moment you remembered
- Why did you first choose public service?
- What moment of making a difference did you remember?
- What did you do today that mattered?
- How does remembering your purpose change how you feel?

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Walking Between Worlds

- Use your walk from work to your car, bus, or around the block as a transition ritual
- For the first half of the walk, acknowledge what you're leaving at work (specific stresses, patient worries, work relationships)
- At the halfway point, pause and take three deep breaths
- For the second half, think about what you're walking toward (home, family, rest, yourself, hobbies)
- When you arrive, take one final breath and step into home mode
- What did you leave at work today?
- What are you walking toward?
- How does this ritual help you transition?
- How can you protect this walking transition time?

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