

Mindful Walking Wishes for Your Daily Practice

May I realize
that walking
on this earth is
a miracle.

May I walk
slowly and
consciously
today.

May I breathe
and walk
mindfully to
refresh myself.

May I dwell in
the present moment,
anchored by my
mindful steps.

May I walk
mindfully to
enjoy our
beautiful earth.

May I smile,
breathe, and
walk slowly.

We hope you enjoy these **Mindfulness Circles**, with wishes as gentle reminders for your daily mindful walking practice.

Please print, clip the circles, and post them
in your home, car, and workplace.

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