Free Sample Self-Care Solution
Mini Mindful Walk Journal
from Penny & Bill Company
CenterToAwakenKindness.com

Welcome to the World of Self-Care Solutions from Penny & Bill Company

Greetings! We hope you enjoy all our self-care solutions, in particular this Free Sample Self-Care Solution. We hope it brings a bit of peace and renewal in your life.

Peace & Blessings,
Penny & Bill
Co-Founders
Penny & Bill Company

How to Enjoy Your
Free Sample Self-Care Solution
Mini Mindful Walk Journal

1. Print this downloaded file using the print on both sides of paper feature.

2. Trim each page to 6” x 9” using the dashed lines (- - -) as a guide.

3. Sort the pages and staple together on the left side.

4. Begin enjoying your new free self-care solution Mini Mindful Walk Journal.

5. See page 4 for ideas on how to get the most out of using this Mini Mindful Walk Journal. Enjoy the journey!

6. See page 5 for details on purchasing a complete Mindful Walk Journal, or visit CenterToAwakenKindness.com/mindful-journals

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This Mini Mindful Walk Journal belongs to:

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MINI MINDFUL WALK JOURNAL

With the Mindful Walk labyrinth, a mindful contemplative walk is as close as your hand. Prepare for your walk. Begin with mindful breathing – in, hold, and exhale. Next, enjoy Lectio Divina. Contemplate the words of scripture: “Those who are patient stay calm until the right moment, and then cheerfulness comes back to them” (Sirach 1:23). Continue to contemplate those words as you begin to walk.

Start meditating on the wrist, the location where you can find your pulse. Follow the path by circling the hand and reflecting on what your senses are offering. What are your senses telling you… what do you see… hear… smell… taste… and feel/touch? As you circle toward the center of the path meditate on how your senses are impacted by the cheerfulness noted in scripture. In the center of the design pause and take a few deep breathes. Clear your thoughts and become centered in calmness. Enjoy the moment. When ready begin the journey back out. As you circle out of the center meditate through each of your senses imagining calmness and cheerfulness. What does cheerfulness feel like… taste like… smell like… sound like… look like? Return to where you began, at the pulse that shares all your moments.

Imagine the possibilities. Journal your findings. Begin to create a new reality. Enjoy the journey. Repeat as needed.

Mini Mindful Walk Journal

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CenterToAwakenKindness.com

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Originally published in the USA as:
Mindful Walk Journal

11 10 9 8 7 6 5 4 3 2
1st edition, December 2022

Independently published.

Buy the complete Mindful Walk Journal, 6x9 lined deluxe journal with 147 lined pages, on Amazon.

On Amazon Search: “Ressl, Mindful Walk Journal” or ISBN 979-8764260303

Visit: https://www.amazon.com/Mindful-Walk-Journal-Bill-Ressl/dp/B09LGZV6LY/ref=sr_1_3?crid=EIAH1G82286M&keywords=mindful+walk+journal

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Awaken Kindness

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Bill Ressl and Penny Taylor are a co-ministry team in the United Church of Christ (UCC) focused on awakening a sacred sense of love and kindness in the world. As Pastors, teachers, and co-founders of the Center to Awaken Kindness they help folks to find and awaken the Spirit in their life. This discovery journal, along with all their offerings, reflect their learning and lived experience. Other inspirational resources and mindful self-care items are available from Penny & Bill Company, dba Center to Awaken Kindness.