

#WALKTO22 #THISMORNINGWALK

Walk into 2022 Journal Prompts

Love, Alex and Libby

Celebrating the transformative power of a simple MorningWalk. Grab some shoes and a cozy hat. Commit to yourself. Every day. Join us on Instagram: @thismorningwalk @alex_elle @parkhere

WEEK 1

How do you intend to feel as you walk into 2022?

What are you leaving behind (why?)

What are you taking with you (why?)

WEEK 2

What are you paying closer attention to these days?

What are you learning?

Make a list.

WEEK 3

When was the last time you felt truly heard?

Describe the feeling in detail.

(Thought-starter: Where did you feel it in your body?)

WEEK 4

What have you learned about yourself and the world while walking?

Make a list.

Circle the things that have had the greatest impact.

