just for today

A guided journal for healing, hope, and daily care

Sometimes, all of the thoughts bustling in your mind can be overwhelming. But through mindful walking, you can move your thoughts to the side—even if just for a moment—and solely focus on the physical world. Whether it's for one minute, five minutes, or even 15, each minute can be a moment of peace.

Put on some comfortable shoes, open the door, and walk outside. What do you see? What do you hear? How does your body feel to move? Connect, simply and fully, to the present moment.

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take each step, and notice.

Date / /

How am I feeling in this moment?

What was meaningful for me today?

Each day comes to me with both hands full of possibilities...

HELEN KELLER