

**Consciously Meditating**  
*Walking Meditation Journal*

1. How did I feel after each walking meditation?
  
  
  
  
  
  
  
  
  
  
2. Did I continue to practice throughout the day?
  
  
  
  
  
  
  
  
  
  
3. Was I able to practice during any particularly stressful or challenging times?
  
  
  
  
  
  
  
  
  
  
4. What was the main difference that I felt compared to seated meditation? Was I able to learn something new in this practice?
  
  
  
  
  
  
  
  
  
  
5. How does this help me pursue and live in my purpose everyday?