



**GRATITUDE
WALKS FOR
WELLBEING**



Guidebook & Journal



**“THERE IS
NOTHING
EITHER
GOOD OR
BAD, BUT
THINKING
MAKES
IT SO”**

Hamlet, William Shakespeare

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Disclaimer:

Please note this book does not constitute medical
advice and is for entertainment and educational
purposes only. Gratitude walks are intended to
promote wellbeing and should not be considered as a
substitute for professional medical or psychological
advice or treatment. Participants should consult with
their GP and other health professionals before
beginning any new exercise program. By participating
in a gratitude walk, individuals take part at their own
risk and release Stoke Your Gratitude C.I.C. and our
partners from any and all liability.



HELLO!

We know that a walk in nature can do wonders for our mental and physical well-being, but let's face it – sometimes it's easy to rush through it, lost in our own thoughts or in conversation with others. This journal is here to change that! It contains all sorts of information and encouragement to try a gratitude walk now and then. After the walk, use the journaling pages to jot down your thoughts and reflections. Don't worry about writing a novel, just be honest and open with yourself.

Research shows that regularly practicing gratitude can lead to a better quality of life, stronger relationships, and even improved mental and physical health. So, be present and mindful during the walk, taking in all the sights, sounds, and smells around you. A walk provides the time, space and relaxation to get your creativity flowing with ideas for what to write about in your gratitude journal. Who knows what you'll discover.

This journal is perfect for solo walks or group walks with friends. Imagine the fun we'll have sharing our reflections with our walking buddies and discovering the things we have in common.

And remember, there is no right or wrong way to take a gratitude walk. I've given you loads of different ways to

approach this activity, but ultimately the choice is yours. So make your walk as personal and unique as you are, and have some fun along the way.

Oh, and if you're hesitant or nervous about trying this newfangled way of walking, then don't be afraid. I was skeptical when I first heard about the power of gratitude too. I thought this can't possibly help me. Turns out I was wrong.

If you're ready to give it a try, have a quick read through of this guidebook and then let's get started. Lace up your boots and let's hit the pavement!

Happy gratitude walking!



Bret Shah

Chief Gratitude Officer
Stoke Your Gratitude C.I.C.
(we are a local not-for-profit wellbeing organisation)



WHAT IS GRATITUDE?

Gratitude is when we feel thankful and show appreciation for something good that has happened to us. There are two kinds of gratitude: emotional gratitude and Cognitive-Based Gratitude (CBG).

Emotional gratitude is when we feel grateful without thinking about it, just because something good happened to us. It makes us happy and joyful right away. It's that warm sense of appreciation when someone does something kind for us. It arises spontaneously because it's an instinctive response to something good happening in our life.

CBG is when we choose to think about the good things in our life and be grateful for them. Whereas emotional gratitude is more of a gut reaction, there is another type of gratitude that involves deliberate and conscious choice. We can do this by focusing on the positive things and being thankful for them. We don't have to be a born optimist to practice this kind of gratitude. It is something we can learn to do and get better at over time. At Stoke Your Gratitude C.I.C. we run introductory, intermediate and advanced courses on how, when and why to use CBG. It's a particularly helpful skill for reframing negative experiences or

challenges in a positive light, and it involves developing our perception, attention and thinking skills.

One of the best and easiest ways to practice CBG is by taking a walk. When we walk, we can calm our minds and think about all the things we're grateful for. We can also enjoy nature and relax. If you're walking with someone else, you can even talk about what you're grateful for and bond with them. Walking is a simple way to focus on the positive and be grateful for it.

Think about it, when you're walking you can take in your surroundings, breathe in the fresh air, and enjoy the beauty of nature. You can let go of all your worries and just focus on the present moment. Walking also provides a physical outlet for all that built up stress and anxiety, leaving you feeling lighter and more relaxed. While you're walking, take time to reflect on the things you're grateful for. This could be anything from your health, to your friends, to your hobbies and interests. If you're walking with someone else, it can provide an opportunity to bond and share your grateful thoughts with each other.

Overall, CBG is about taking control of our thoughts and focusing on the positive things in our life. Walking is a simple, effective way to foster this type of gratitude.

GRATITUDE WALK MANIFESTO

Our manifesto highlights some of the other benefits of gratitude walks:

1. We believe that taking regular walks in nature, with an attitude of gratitude, can greatly improve one's physical, mental, and emotional well-being.
2. We believe that gratitude is contagious, and that by sharing our experiences and appreciation for the beauty of the world around us, we can inspire others to do the same.
3. We believe in the power of community, and that by walking together, we can strengthen our connections with others and foster a sense of belonging.
4. We believe that the act of walking, coupled with the practice of gratitude, can help to reduce stress, increase happiness, and improve overall health.
5. We commit to regularly taking gratitude walks and encouraging others to do the same.
6. We pledge to share our gratitude walk experiences and inspire others to join us, either in person or through social media.
7. We commit to preserving and protecting the natural environment, and to taking only memories and leaving only footprints during our walks.
8. We believe that gratitude walks are for everyone, regardless of age, ability, or background, and that by walking together we can create a more inclusive and compassionate community.
9. We are committed to promoting the benefits of gratitude walks to individuals, families, schools, and communities, and to working with organisations to make these walks available to all.
10. We believe that by taking gratitude walks, we can create a more positive and fulfilling world for ourselves, and for future generations.

Please do join us in this social gratitude walk revolution and spread the word, let's make gratitude walks a part of our daily lives and create a more grateful and connected community.

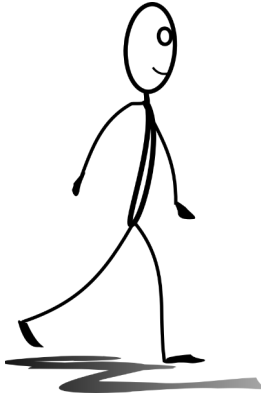
HOW DO I TAKE A GRATITUDE WALK?

Start the walk

- Take a moment to breathe and clear your mind
- Set an intention for the walk, such as focusing on gratitude

Observe the environment

- Take in the sights, sounds, and smells of nature
- Notice the colours, textures, and shapes of the plants and animals around you



Reflect on what you are grateful for

- Think about the people, things and events in your life that you appreciate and are thankful for
- Think about what your body lets you do - including going for this walk, and sensing all that nature has to offer.

Share your gratitude

- If you're walking with someone, feel free to share with them your thoughts and feelings of gratitude
- Consider expressing your gratitude by doing something kind or helpful for someone else
- Your conversation with your fellow walker(s) doesn't have to focus on only gratitude, you can still talk about other things – just include some conversation about appreciation and gratitude so that you all reap the benefits.

End the walk

- Take a moment to reflect on your experience and how it made you feel, writing them down if you want to. There are pages towards the end of this booklet which you can use for this purpose.
- Allow the feelings of gratitude to stay with you as you continue your day.

I'M A WALK LEADER. WHAT SHOULD I DO?

The quickest and easiest way to encourage your group members to talk about gratitude is to **ask your walkers to share these two things with each other:**

- 1) What was good for you this week?
- 2) What are you enjoying about our walk today?

Why so? It can be easier for people to relate to words that encourage gratitude in ways they are already familiar and comfortable with. These include words such as good, enjoy, appreciate, cherish, love, value, glad, respect, treasure, refreshing, pleasing, satisfying, etc. Often, we don't link these words to gratitude, but they are all ingredients of the gratitude pie. When we get used to linking these words and the experiences that cause them, we become more aware of what we're grateful for.

We can't be grateful for something we don't notice. It's very easy to pass by things that bring delight because we are focused on yesterday's problems and tomorrow's fears. Bringing our attention to the present helps us to temporarily let go of our problems and worries and see the good that's already with us.



**WHAT WAS
GOOD FOR YOU
THIS WEEK?**



**WHAT ARE YOU
ENJOYING ABOUT
OUR WALK TODAY?**

YOU CAN'T BE SERIOUS?!??

Absolutely serious, my friend! Did you know that talking about gratitude during a walk with a friend can have a profound effect on your friendship? I've seen this firsthand, and I have to say, it's pretty amazing.

So, picture this: you and your bestie are out for a walk, taking in the fresh air and chatting away. But instead of talking about the usual day-to-day stuff, you both focus on all the things you're grateful for. It could be your holidays, your hobbies, or even your friendship.

As you chat, you'll find that your appreciation for each other grows and the bond between you becomes stronger. Plus, speaking about gratitude creates a positive and uplifting vibe during the walk, making it a more memorable and enjoyable experience for both of you.

So, why not give it a try next time you and your friend hit the pavement? I promise, you won't regret it. Trust me, incorporating gratitude into your daily conversations can do wonders for your relationships. It's a simple way to cultivate deeper connections with the people you care about, and who doesn't want that?

HOW CAN I AVOID FEELING AWKWARD?

Sharing our gratuities with others during a walk (or any time) might sound a bit daunting, but trust me, it's totally doable and super rewarding! Here's a few tips to help you get started:

1. Start small and take baby steps. Start with something simple and see how it feels. When you feel ready, you can go deeper.
2. Keep an open mind and don't judge. Everyone has different gratuities and comfort levels when it comes to sharing or hearing about them.
3. It might feel awkward at first, but the more you do it, the more natural it'll become. Make it a regular practice.
4. If sharing in person feels too scary, try writing it down in a journal first and then sharing it with your walking partner.
5. Be playful, creative and just have fun with it!

WHAT IF WALKING IS DIFFICULT FOR ME?

Some of us may have a bit of a harder time getting out there for a stroll. The best part of gratitude walks is they don't have to be hard work. The magic is all in the reflection. In fact, we can get the benefits from just taking a few mindful steps with attention. Here are a few ways that may make it a bit more doable, but remember to always consult your health professional first:

1. Start small. There's no need to go for a long walk until you're ready to do so. Take it at your own pace and gradually increase the distance as you feel comfortable.
2. Go with a friend or your partner! Having a companion on the walk can make it more enjoyable and also provide support.
3. Find a walking path that works for you, like a flat surface or a park with a paved path.
4. And most importantly, with the steps you can take, focus on noticing, appreciating and gratitude.

I JUST NEED TO TAKE A FEW MINDFUL STEPS?

Just a few mindful steps can do the trick! Here's a little tip to make your gratitude walk even more impactful: try to focus on one thing at a time.

For example:

- On your first few steps, start to think about something you're grateful for in your life.
- On your next few steps, think about how it makes you feel.
- And on your following steps, think about how you can show gratitude for it.

By breaking it down like this, we're giving ourselves the opportunity to really focus on the feeling of gratitude, which is what makes these walks so beneficial. And who knows, you may even find that you're walking a little bit taller and with a little extra spring in your step. So next time you have a moment, try incorporating a little gratitude into your steps. Trust me, you'll be surprised at just how powerful a few mindful steps can be.

WHAT IF I AM UNABLE TO GO FOR A WALK?

If you can't take a physical gratitude walk for any reason, you can always take one in your mind! Here is a script you can read and follow if you'd like some guidance.

Find a comfortable position. Take a deep breath in, filling your lungs with fresh air, and exhale slowly, letting go of any tension or stress in your body.

Imagine yourself standing at the starting point of a beautiful path, surrounded by nature. Take a deep breath in and imagine yourself inhaling the fresh air, feeling energised and rejuvenated. As you exhale, imagine yourself letting go of any negative thoughts or emotions that may be holding you back.

As you begin your walk, focus on your breath, feeling the sensation of each step. Notice the sound of the leaves crunching beneath your feet, the warmth of the sun on your skin, and the feeling of the breeze on your face. Take in the beauty of the trees, the flowers, and the animals that surround you.

Appreciate the small details in nature, such as the patterns in leaves or the textures of rocks.

As you continue your walk, let your mind wander and take note of any thoughts or feelings of gratitude that come to mind. Reflect on the things in your life that you are grateful for, and how they make you feel. Imagine yourself expressing gratitude for these things and feel the positive energy and warmth that comes with it.

If others are walking with you, take a moment to appreciate the people you are walking with, and the companionship and support they provide. Imagine yourself expressing gratitude for their presence in your life and feel the positive energy and warmth that comes with it.

As you reach the end of your walk, take a deep breath in, filling your lungs with fresh air. Exhale slowly, feeling a sense of accomplishment and gratitude for the experience. Gratitude is not just a feeling but a practice, and you can carry this feeling with you even after the walk.

Open your eyes and return to the present. Take a deep breath in and slowly exhale. Keep gratitude in your heart and take note of the things you appreciate during your walk and beyond.



WORKED EXAMPLE

Date 22/02/23 Weather cloudy

Location Weston Sprink

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	nice after the few rainy days
I enjoyed some conversation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	chatted with Sam
I noticed trees and plants	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	noticed a bud!
I spotted wildlife	<input type="checkbox"/>	<input type="checkbox"/>	
I exercised my heart and lungs	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
I cleared my head	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	less worried

I'm grateful I took this walk because...

I was feeling really stressed out about the conflict at work.

The walk relaxed me a bit and talking with Sam helped me see things a bit differently.



GRATITUDE WALK #1

Date _____ Weather _____

Location _____

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input type="radio"/>	<input type="radio"/>	
I enjoyed some conversation	<input type="radio"/>	<input type="radio"/>	
I noticed trees and plants	<input type="radio"/>	<input type="radio"/>	
I spotted wildlife	<input type="radio"/>	<input type="radio"/>	
I exercised my heart and lungs	<input type="radio"/>	<input type="radio"/>	
I cleared my head	<input type="radio"/>	<input type="radio"/>	

I'm grateful I took this walk because...



GRATITUDE WALK #2

Date _____ Weather _____

Location _____

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input type="radio"/>	<input type="radio"/>	
I enjoyed some conversation	<input type="radio"/>	<input type="radio"/>	
I noticed trees and plants	<input type="radio"/>	<input type="radio"/>	
I spotted wildlife	<input type="radio"/>	<input type="radio"/>	
I exercised my heart and lungs	<input type="radio"/>	<input type="radio"/>	
I cleared my head	<input type="radio"/>	<input type="radio"/>	

I'm grateful I took this walk because...



GRATITUDE WALK #3

Date _____ Weather _____

Location _____

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input type="radio"/>	<input type="radio"/>	
I enjoyed some conversation	<input type="radio"/>	<input type="radio"/>	
I noticed trees and plants	<input type="radio"/>	<input type="radio"/>	
I spotted wildlife	<input type="radio"/>	<input type="radio"/>	
I exercised my heart and lungs	<input type="radio"/>	<input type="radio"/>	
I cleared my head	<input type="radio"/>	<input type="radio"/>	

I'm grateful I took this walk because...



GRATITUDE WALK #4

Date _____ Weather _____

Location _____

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input type="radio"/>	<input type="radio"/>	
I enjoyed some conversation	<input type="radio"/>	<input type="radio"/>	
I noticed trees and plants	<input type="radio"/>	<input type="radio"/>	
I spotted wildlife	<input type="radio"/>	<input type="radio"/>	
I exercised my heart and lungs	<input type="radio"/>	<input type="radio"/>	
I cleared my head	<input type="radio"/>	<input type="radio"/>	

I'm grateful I took this walk because...



GRATITUDE WALK #5

Date _____ Weather _____

Location _____

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input type="radio"/>	<input type="radio"/>	
I enjoyed some conversation	<input type="radio"/>	<input type="radio"/>	
I noticed trees and plants	<input type="radio"/>	<input type="radio"/>	
I spotted wildlife	<input type="radio"/>	<input type="radio"/>	
I exercised my heart and lungs	<input type="radio"/>	<input type="radio"/>	
I cleared my head	<input type="radio"/>	<input type="radio"/>	

I'm grateful I took this walk because...



GRATITUDE WALK #6

Date _____ Weather _____

Location _____

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input type="radio"/>	<input type="radio"/>	
I enjoyed some conversation	<input type="radio"/>	<input type="radio"/>	
I noticed trees and plants	<input type="radio"/>	<input type="radio"/>	
I spotted wildlife	<input type="radio"/>	<input type="radio"/>	
I exercised my heart and lungs	<input type="radio"/>	<input type="radio"/>	
I cleared my head	<input type="radio"/>	<input type="radio"/>	

I'm grateful I took this walk because...



GRATITUDE WALK #7

Date _____ Weather _____

Location _____

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input type="radio"/>	<input type="radio"/>	
I enjoyed some conversation	<input type="radio"/>	<input type="radio"/>	
I noticed trees and plants	<input type="radio"/>	<input type="radio"/>	
I spotted wildlife	<input type="radio"/>	<input type="radio"/>	
I exercised my heart and lungs	<input type="radio"/>	<input type="radio"/>	
I cleared my head	<input type="radio"/>	<input type="radio"/>	

I'm grateful I took this walk because...



GRATITUDE WALK #8

Date _____ Weather _____

Location _____

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input type="radio"/>	<input type="radio"/>	
I enjoyed some conversation	<input type="radio"/>	<input type="radio"/>	
I noticed trees and plants	<input type="radio"/>	<input type="radio"/>	
I spotted wildlife	<input type="radio"/>	<input type="radio"/>	
I exercised my heart and lungs	<input type="radio"/>	<input type="radio"/>	
I cleared my head	<input type="radio"/>	<input type="radio"/>	

I'm grateful I took this walk because...



GRATITUDE WALK #9

Date _____ Weather _____

Location _____

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input type="radio"/>	<input type="radio"/>	
I enjoyed some conversation	<input type="radio"/>	<input type="radio"/>	
I noticed trees and plants	<input type="radio"/>	<input type="radio"/>	
I spotted wildlife	<input type="radio"/>	<input type="radio"/>	
I exercised my heart and lungs	<input type="radio"/>	<input type="radio"/>	
I cleared my head	<input type="radio"/>	<input type="radio"/>	

I'm grateful I took this walk because...



GRATITUDE WALK #10

Date _____ Weather _____

Location _____

	Yes	I'm glad	Details/Notes
I managed to spend time outdoors	<input type="radio"/>	<input type="radio"/>	
I enjoyed some conversation	<input type="radio"/>	<input type="radio"/>	
I noticed trees and plants	<input type="radio"/>	<input type="radio"/>	
I spotted wildlife	<input type="radio"/>	<input type="radio"/>	
I exercised my heart and lungs	<input type="radio"/>	<input type="radio"/>	
I cleared my head	<input type="radio"/>	<input type="radio"/>	

I'm grateful I took this walk because...

Notes

FEELING UNHAPPY?

Sometimes we have bad days, and sometimes it also feels like we have a run of bad days. I was having a spell like this recently, and when I was thinking about what I'm grateful for, the only thing I could think of was that my shoelaces weren't broken. It made me laugh, and lightened my mood somewhat. Often we think we should be thinking of big things to be grateful for, but that can easily get us down if life isn't going our way at present, so instead it's really important to think of those smaller things, like the shoelaces, or that I had a nice cup of tea earlier, or that I saw a fluffy cloud in the sky that almost certainly resembled an alligator with its long nose.

However, if you're struggling with your mental health, please reach out to people, e.g. a friend, your doctor, or try The Samaritans. They are available 24 hours a day, 365 days a year. They're waiting for your call.

THE SAMARITANS

CALL 116 123 FOR FREE

WWW.SAMARITANS.ORG

**IT'S A SAD FACT OF
LIFE THAT MANY OF
US DON'T LIKE
OUR BODIES**

**THERE ARE THINGS
WE CAN DO TO
CHANGE THIS**

**ARE YOU
INTERESTED?**

**ENQUIRE ABOUT OUR
NEW COURSE TODAY.
IT'S CALLED...**

**“GRATITUDE FOR
EVERY BODY”**



**WILL YOU
STEP INTO
A NEW YOU?**



WWW.STOKEYOURGRATITUDE.ORG.UK

Get ready to elevate your walking with this gratitude guidebook and journal! It's packed with tips and tricks for incorporating gratitude into solo strolls and group hikes. Plus, it includes an easy to use journaling section to help you track your adventures.

We created this journal to help us make the most of our walks and connect better with nature and the people we walk with. Whether you're a solo walker, a family adventurer, or part of a community group, this guidebook and journal is the perfect companion for making the most out of your walks.



City of

Stoke-on-Trent



For more gratitude resources, visit:
www.StokeYourGratitude.org.uk

