





POST CARD

Go for a walk

Why?

Going to a different place in a different way makes us more aware to things that are new. This exercise helps you notice what you normally do and asks you to change that. You will see how one small step done differently has a different impact

How?

Walk either more slowly or more quickly than you normally do, walk differently so that you can experience a difference. Walk sideways, backwards. Breathe more deeply. As you take your first step notice which foot you are using. Now stop and change the foot you are leading with. You have already consciously made a different choice.



Qurio

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