



Assessment

Individual reflection

Write a short reflection (200-300 words) based on your experience during the walking exercise. Use the following prompts to guide your writing:

1. What did you learn about your attention?
What patterns did you notice (e.g., distraction, internal focus, openness)?
What helped you stay present?
2. What small step will you take to direct your attention more intentionally in daily life? Describe this step clearly.
Why is it meaningful to you?
3. How will you know if this step is working?
What might you notice in yourself or your environment?
How could you adjust your approach if needed?

Optional follow-up

If time allows, revisit your strategy after one week and write a short reflection (100-150 words), using the following prompts to guide your writing:

1. Did you try out your strategy?
2. What worked? What didn't?
3. What would you change moving forward?