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PGC Day 19: Greenest

## **MINDFUL WALKING**

I did some mindful walking when I went to my park for the first green challenge of today. I kept my phone away I had a rhythm to my pace and I was aware of my body and my surroundings. Before walking I was tired and a bit stressed about the plans I made for this weekend and this helped so much.

I will admit, I was still feeling a bit of a time constraint so I felt I couldn't be as mindful. There is an event at noon I thought I had to be there for. Then I realized, the time I show up is when I show up. I had no obligation to get there right at 12 and maybe it was best if I didn't.

I don't have to be doing things I don't want to be (to some extent). It's so crucial to make time for myself, and most people don't do enough of it.

## **BEING NON-CRITICAL**

I judge and evaluate every decision I made, but also tend to make judgements about actions others make, whether I agree or disagree, if I would have done the same, etc. So this was not only about being less critical of myself, but also towards others.

Honestly this was kind of a challenge. It's hard to not be so critical, especially of yourself. You want to keep improving and doing better and being better that when you think less of yourself it takes a toll. Having this time to purposefully let go was great. The mindful walking was great, but this one was more of a challenge and with practice I can improve. I want to do both of these more often.

Above all else, just trying to be purposeful. About your words, your actions, towards self care and genuinity.

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I also made a post on Instagram to support being mindful and taking care of yourself. This tends to be a very busy time of year and people don't do that enough (I am the perfect example of that).

It's easy to put yourself second (or last) when you're focusing on big goals and deadlines.

YOU ARE WORTHY  
OF YOUR TIME  
**YOU ARE IMPORTANT.**

TAKE CARE OF YOURSELF AND YOUR BODY.

here are some ways:

- mindful walking, mindful breathing
- cleaning up a messy space
- thank someone in your life
- a good stretch
- get outside! unplug even for a little
- eat good food
- write down all the things you're grateful for today
- tell someone they matter

BE KIND &

BE PURPOSEFUL

you deserve to feel good  
a little bit of mindfulness goes  
a very long way ♡