

# Walk & Reflect: Mimi Companion Prompts

*A Pocket Journal Page for Gentle Momentum*

## What's Inside

A one-page walking companion to help you reconnect through quiet reflection:

- 6 gentle prompts for mindful walking
- A Mimi-inspired quote for emotional grounding
- Perfect for pocket journaling, print-outs, or intentional morning rituals
- Designed to support emotional clarity after job loss, burnout, or personal reset



## Guiding Note:

*Not all steps feel brave—but some are still sacred. If this walk feels heavy, it's because you're carrying something that mattered. Let the pavement catch what your heart couldn't hold. Don't rush clarity. It always arrives after the quiet.*



# Walk & Reflect

Mimi didn't wait for me to be ready. She just nudged the door. That's what healing does, too—it invites, not insists.

## Reflection Prompts

- 1** What emotion is present in my body today—without judgment?

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- 2** What part of my past self needs a little grace today?

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- 3** What memory surfaces when I walk in silence?

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- 4** If the trees or sky could talk, what would they remind me of?

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- 5** Where in my body do I feel heavy—and what might it be trying to say?

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- 6** What thought or feeling am I ready to leave on this walk—just for now?

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“*Sometimes the first step isn't brave. It's just necessary.*” — Mimi