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# GRATITUDE Stroll

*Strolls for Well-being at ISU : Press Pause & Take a Break...*

Bringing **Gratitude** to this present moment raises awareness for all of which we can be thankful—everything from how our heart knows to keep beating to the beauty of nature. As you begin this Stroll, let go of all your concerns and begin to notice all that is around you. Become aware of what you are seeing, feeling, hearing in this present moment.

**As you begin**, find a comfortable place where you can start at the location you have decided on. Once you are there, stop and take a few deep breaths, noticing and being grateful for the air coming into your body to support you. Breathe out any stress or tension you may be feeling or holding inside.

**Notice the two intentions** that are offered by *Strolls for Well-being at ISU*. One intention is to notice the physical path as you walk, the natural wonders all around and the amazing art displayed on campus. The other intention is a contemplative path as you reflect on past, present and future aspects of your life.

**As you prepare to start**, begin to still your mind. Put aside thoughts of schedules, to-do lists and other responsibilities. Come into this present moment—be right here, right now. Bring your full attention to the experience and the reflective opportunities.

Each pause on your Gratitude Stroll will have

choices for reflection:

A quote,  
reflection,  
or question

A focus on  
awareness  
of senses

A mindful  
movement

A place for you to jot down your thoughts along the way



## Pause 1: Tradition

Traditions are a part of our past and our futures. We have family traditions as well as traditions at work and study. Traditions bring an aspect of richness and exploration to everyday events. Explore this space; it is amazing.

*Location:* Memorial Union north entrance

“Acknowledging the good that you already have in your life is the foundation for all abundance.” -Eckhart Tolle

As you pause in this amazing space, what are five things you are grateful for because you are at Iowa State University?

What are you aware of in this moment?

What colors can you see around you?

What do you hear? What can you smell?

## Thoughts:



## Pause 2: Stillness

Water is a metaphor for cleansing and overcoming obstacles. It is also a place of beauty and serenity in the natural world. Find a favorite place to pause.

*Location:* Union Drive, in between Friley and the Memorial Union

“This a wonderful day. I’ve never seen this one before.” -Maya Angelou

Reflect on Maya Angelou’s quote above. What is wonderful about today?

### **Mindful Movement:**

Walk in silence to the lake.  
Pause every few minutes and notice...

What do you see?

What can you hear?

What can you touch?

What can you smell?

Be present right here, right now.

### **Thoughts:**



## Pause 3: Air Spiral

Becoming the “best” was Iowa State’s slogan at the turn of the 21st century. Tucked away among the trees near the Student Services Building, *Air Spiral*, with its sturdy base and twisting forms, suggests a fervent upward spiral to success and can also be thought of as funneling downward. Though life is uncertain, we are reminded that the world keeps spinning.

*Location:* Outside the Student Services Building

“Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” -Melody Beattie

Reflect on a time when  
your life was spinning  
and uncertain.  
Looking back now,  
what are you grateful  
for?

Close your eyes or  
gently gaze to the  
earth. Listen to the  
sounds that  
surround you with  
gratitude.

### Thoughts:



## Pause 4: Hidden Gems

One aspect of mindfulness is to be present in this moment, to walk with an awareness and intention to what is around us. The mural, *Hidden Gems*, reminds us to walk through life with our eyes and senses open and aware of what we are experiencing right here, right now.

*Location:* Inside and outside of Morrill Hall



“Enjoy the little things, for one day you may look back and realize they were the big things.” -Robert Brault

As you explore this pause, what “small things” have happened to you today that you are grateful for?

**Mindful Movement:**  
Notice the gratitude you feel to be able to explore such amazing artwork. Be grateful for the gift of being on a campus that values all types of art.

### Thoughts:



## Pause 5: Balance of Life

Part of our never-ending journey in life is finding the time to do what we need to do, what we enjoy doing and what we love to do. Sometimes a healthy balance in life is elusive, there is too much to do and not enough time. Being mindful of daily choices can help bring a balance to your life— one that feels right to you.

*Location:* Inside Kildee Hall

“When eating fruit, remember the one who planted the tree.” -Vietnamese Proverb

For your meals today,  
express gratitude for how  
it got to your table.

Thanks to:  
Farmers  
Transport drivers  
Grocery staff  
Cooks and servers

Today, enjoy your food  
with a mindfulness  
approach.

Notice:  
Am I hungry?  
How does the food smell?  
How does the food taste?  
When am I full?

### Thoughts:



## Pause 6: All the Way Home

There is an old saying that that goes: “It is not the destination, but the experiences along the way that make life worthwhile.” There are many roads that we can take, some seem clear while others are foggy and uncertain. There are ups and downs and even a few potholes along the way. If you stay the course and remain open, often you will find surprises, challenges, excitement, struggles and pure joy. Choose your path and be open to the possibilities.

*Location:* Inside Curtiss Hall

“When it comes to life, the critical thing is whether you take things for granted or take them with gratitude.” -G.K. Chesterton

Feel gratitude for your blessings and the simple everyday pleasure of being alive.  
What are you grateful for right now?

**Mindful Movement:**  
Focus your attention on your breath as you slowly take a deep breath in through your nose, then let it out slowly through your nose. Pause for two seconds and repeat. Holding your breath after you exhale helps counteract stress patterns.

### Thoughts: