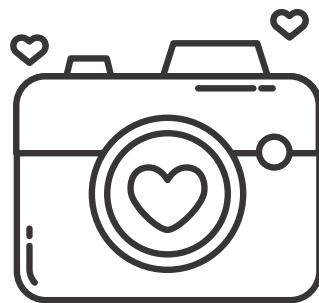
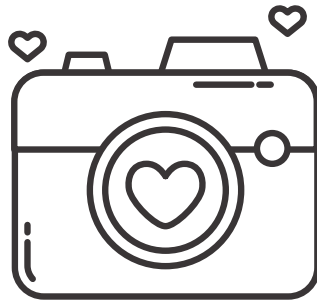


Mindful Photo Walk Journal



A 7-Day Guided Practice to See the World Differently

Mindful Photo Walk Journal



How to Use This Journal

Each day, take a short walk with your phone or camera. Read the day's prompt before heading out. Breathe deeply. Slow down. Notice your surroundings.

After your walk, return to this journal to reflect on your experience.

- Duration: 10–30 minutes per walk
- Tools: Phone or camera, journal or printout
- Intention: Presence, curiosity, and gratitude

Day 1

Date: _____

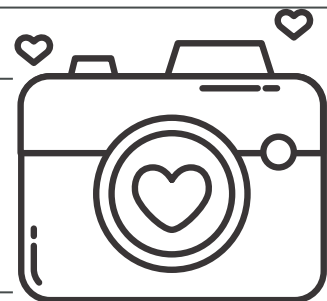
Light & Shadow

Prompt: Notice where light falls, how it creates contrast, and the shapes shadows form. Photograph something with striking light or shadow.

What did you photograph?

What did you notice today?

How did this walk make you feel?



Day 2

Date: _____

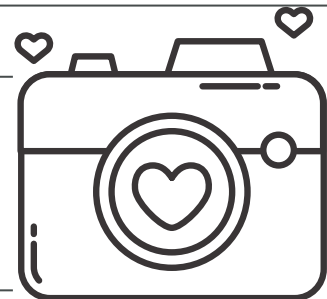
Texture

Prompt: Look for surfaces that invite touch. Photograph textures—rough bark, peeling paint, soft moss.

What did you photograph?

What surprised you when you slowed down?

How did you feel after noticing texture?



Day 3

Date: _____

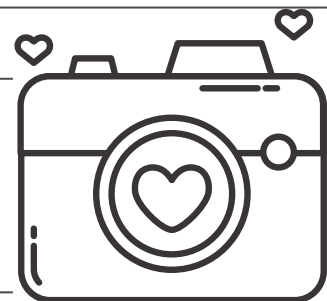
Everyday Beauty

Prompt: Capture something you usually overlook—your shoes by the door, dishes in the sink, a power line against the sky.

What did you photograph?

What makes this ordinary moment beautiful?

What are you grateful for today?



Day 4

Date: _____

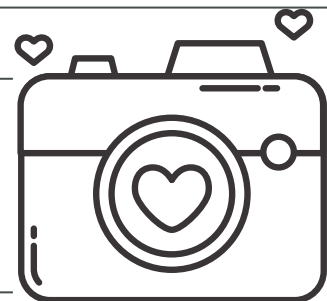
Colour Hunt

Prompt: Pick one colour before you walk. Look for it everywhere—in signs, plants, clothes, reflections.

Colour of the day:

Where did you find it?

How did this shift your focus?



Day 5

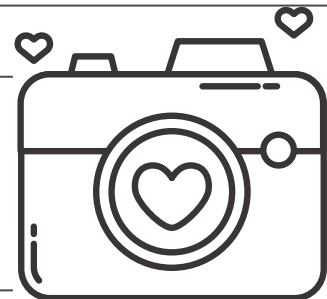
Date: _____

Reflections & Mirrors

Prompt: Seek out reflections in windows, puddles, mirrors, or glass. What layers can you find?

What reflections did you capture?

What did they make you feel or think?



Day 6

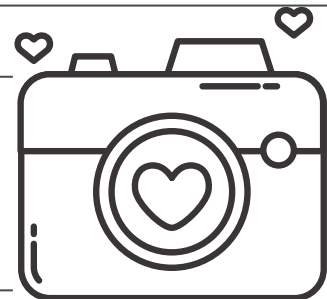
Date: _____

Movement

Prompt: Try to capture movement—wind, water, passing people, pets. Freeze it or blur it. What energy do you notice?

What did you photograph?

How did being present with motion feel?



Day 7

Date: _____

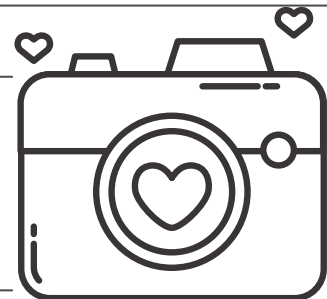
What Speaks to You

Prompt: Let intuition guide you. Forget rules. Photograph what draws your attention without overthinking.

What did you photograph?

Why do you think it called to you?

How do you feel after this week of mindful photography?

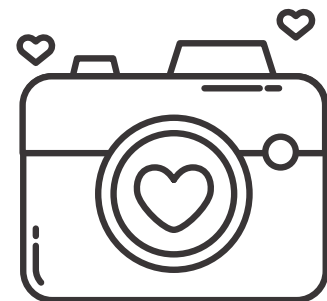


Gratitude Snapshot Checklist

Date: _____

Tick off what you capture this week:

- ☐ A moment that made you smile
.....
- ☐ A shadow
.....
- ☐ A pop of colour
.....
- ☐ Your own feet on the ground
.....
- ☐ Something soft
.....
- ☐ A pattern or repetition
.....
- ☐ A reflection
.....
- ☐
.....
- ☐
.....
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- ☐
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- ☐
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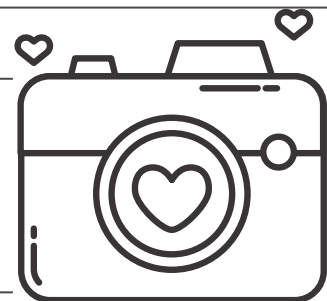
Final Reflection

Date: _____

What surprised you most this week?

Which photo are you most proud of and why?

How has this experience changed how you see your world?



Next Steps

Loved this journal?

Tag your photos with #MindfulWithAnna and explore more mindful living resources at annagroniecka.com

Download more free tools and guides—or join our newsletter to stay inspired with fresh photography prompts, mindful living ideas, and creative insights delivered right to your inbox.