

Day 20: Walk

Quote

The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself. Henry Miller

Each moment of the year has its own beauty... a picture which was never seen before and shall never be seen again. Ralph Waldo Emerson

Bible Verse

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Inspiration

The Lord's my Shepherd

<http://www.youtube.com/watch?v=pN4tPkX0MG0>

Walking on Sunshine

<http://www.youtube.com/watch?v=iPUmE-tne5U>

Gratitude link

Gratitude (time lapse)

<http://www.youtube.com/watch?v=gXDMoiEkyuQ>

Journaling

How much attention do you pay to the little things in life? Or are they ignored in the bustle of life?

How could you become more aware of the everyday?

What are you most thankful for in your life?

Technique

Watercolour and salt, watercolour and clingfilm – use whichever technique you didn't use on day 1

<http://www.youtube.com/watch?v=nLIWAUwDLBU>

Action

Walk around your neighbourhood for 30 minutes. Make a mental list, a real list or take photos of each thing you see or hear that you are thankful for.