



WALKING SESSION

5 DAY LIFE REVIEW CHALLENGE

Change your life one step at a time. Literally!

www.walkandtalktherapy.com



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WELCOME



Hi, I'm so excited you are here.

In this Guide you will review the key areas of your life that may not be working. This Guide is a genuine and conscious way for you to ask yourself some key questions about how you got to where you are today. We then create a roadmap to your dream life.

You will uncover belief systems that are guiding your decisions and we will find new ways to flip those on their head to create real change.

You might be unclear about who you are in this season and not know where to even start, but this Guide will give you the much needed clarity to get your started on your journey!

Maz Miller

Walk and Talk Therapist

IN THIS GUIDE YOU WILL LEARN TO



Check in with your belief systems reinforcing the way you "should" live your life



Explore the life that YOU want to create on YOUR terms



Set goals that will reflect your new roadmap to YOUR idea of success

THIS GUIDE WORKS THE BEST WHEN YOU FOLLOW THIS SIMPLE WAY OF USING IT:

1. Go for a 30 minute walk and have your own self-guided ponder about each area that we are exploring.
2. Find a nice spot in nature with the Guide printed or a notebook or your phone where you can journal about the questions provided

5 DAY CHALLENGE

Grab your shoes, grab your headphones, grab a notebook if you have one nearby (the notes in your phone will do too) and let's change your life one step at a time!
Literally!

DAY 1

Your Work in Review

DAY 2

Your Health in Review

DAY 3

Your Relationships in Review

DAY 4

Your Home in Review

DAY 5

Your Goals in Review

CHALLENGE TIP

You can re-do this review seasonally, as life asks of you or on a monthly basis.
Whatever feels right for you.



"Promote and expand the awesome offering you have to help more people, especially those for which sitting in a room really isn't the best way!"

Shayna

CHALLENGE

DAY 1

What brings you here?

What brings you to this space my friend? Truly, what is the one thing you could walk away with today that would change everything? Is it confidence? An inner knowing? Inner peace? 1 million dollars!?

As we go through some of the key areas in your life, I would like you to keep one simple word or phrase in mind. You might not 100% know where you are going and how you will get there just yet, but setting that simple intention will allow us to learn how to listen to YOUR guide for the next 5 days.

I want to be _____

Now that we have that sorted, let's jump into the work! Your work more specifically. These questions apply to you if you are currently in or out of work. If you are not working at the moment, use these questions in relation to your last job, the career you are pursuing or the kind of work you are considering to do.

Are you happy with your work? YES or NO? There is no some days maybe a little, it pays well, I like the people kind of answer. I'm not asking WHY you chose to still be in your job. I just want to know if you are happy waking up the morning of your workday, feeling no FOMO, anxiety or doubt and looking forward to work? YES? Great! You don't need to do a thing for today! Unless you want explore being even happier of course 😊 NO? Let's explore

1. Why are you in your current job/career?



CHALLENGE

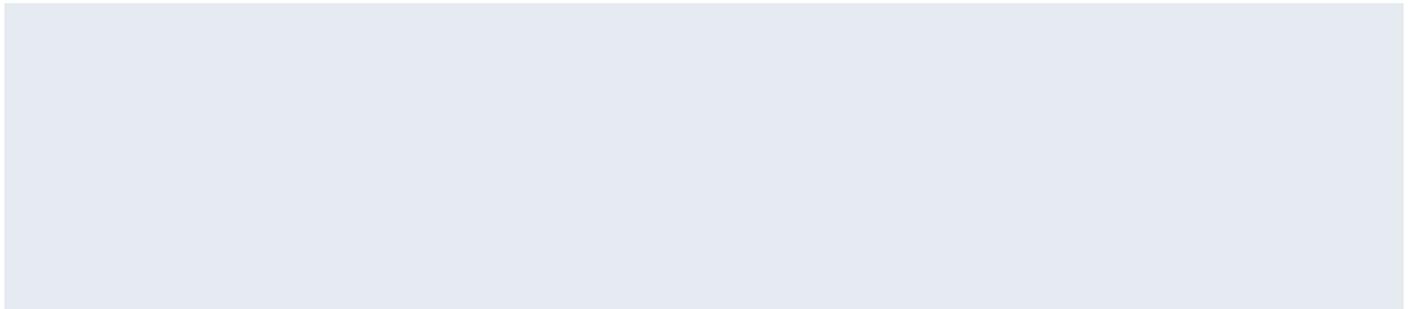
DAY 1

What brings you here?

2. What did you believe about your industry that turned out not to be true?



3. Who told you that and why did you believe it?



4. What career path did you follow because you believed it?



CHALLENGE

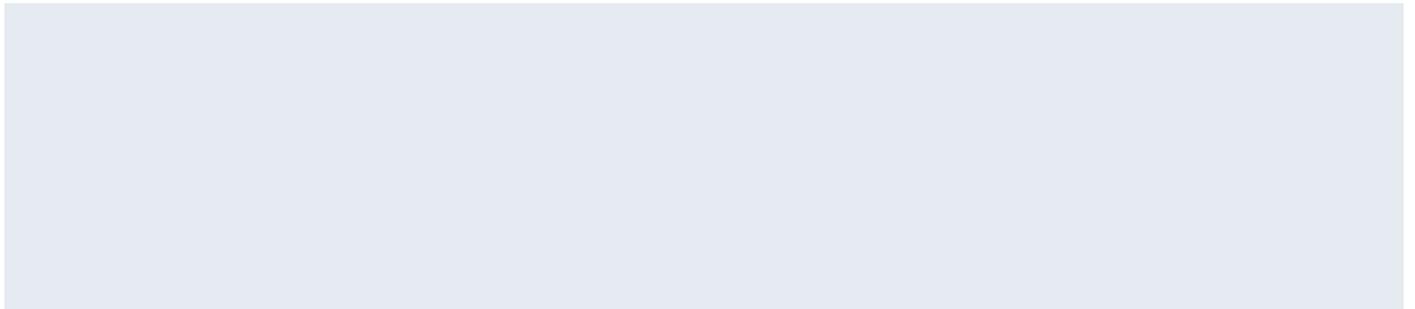
DAY 1

What brings you here?

5. How would life be different today if you didn't go down this road?



6. What do you love doing in your spare time? What lights you up?



7. If money wasn't an option, what would your days look like?



CHALLENGE

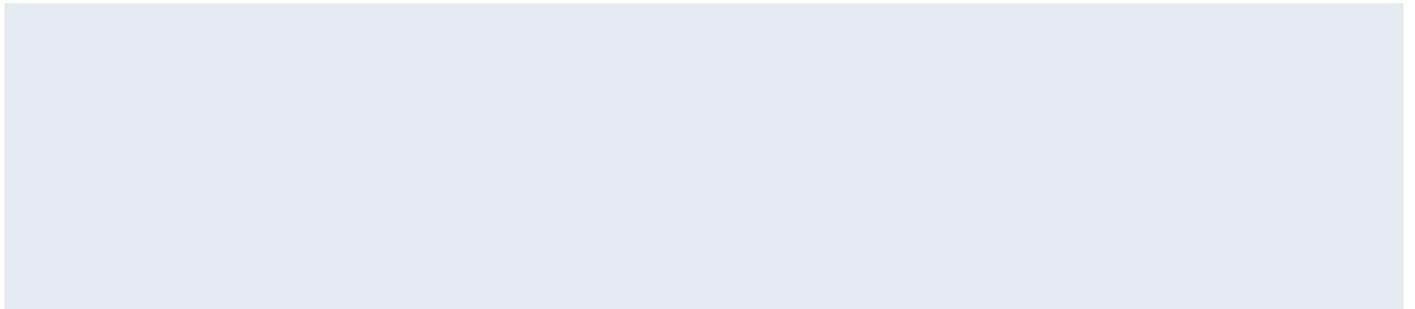
DAY 1

What brings you here?

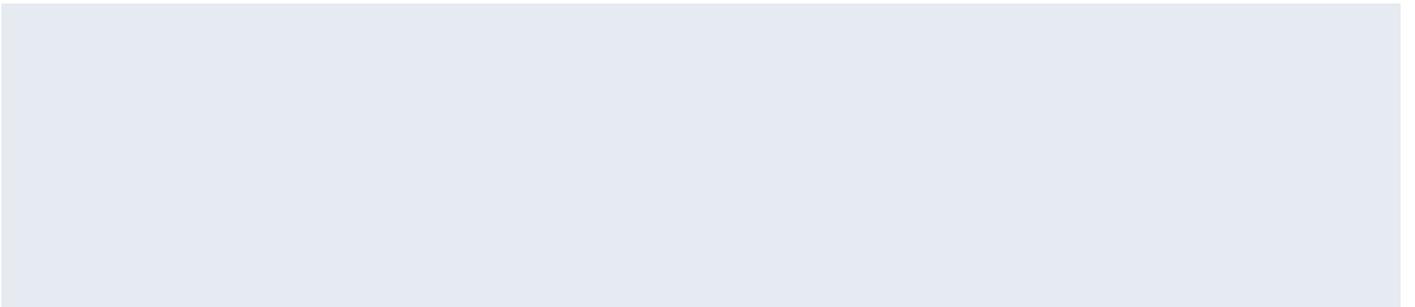
8. What does purpose mean to you?



9. How much money do you need to be happy?



10. Keeping in mind who you want to be and how you enjoy spending your time. What can you do in your every day now, that has a small part of your love / dream work life?



CHALLENGE

DAY 2

How you feelin'?

Day to day, how are you feeling? Energised? Sluggish? Tired? Vital? None of these? I really want you take a moment and check in with how your body feels when you get out of bed and start your day. Now, I want you to set an intention for how you would like to feel as you tackle the day ahead. Same as yesterday, we are setting an intention and an important guide to work from.

I want to be _____

The below questions are designed to have you explore not only how your health is going at the moment, why and why not, but also where these ideals are coming from. When answering the below questions, you can focus on one part of your health or all of them. I will leave the importance of that to YOU. Let's dive straight in and I really hope that you are sitting in a beautiful sunny spot as you are pondering over these!

1. Describe what a 'healthy' person looks, feels and acts like.

2. Given your current season in life, do you think it's realistic for you to be that person? Why? / Why not?

CHALLENGE

DAY 2

How you feelin'?

4. Given your current season, are you doing all that you can for your health?

5. What are you doing well?

6. What could you do better?

CHALLENGE

DAY 2

How you feelin'?

7. What health habit has worked in the past for you?

8. Who would you have to be to feel _____ ? (insert your word here)

9. What would you have to stop believing to feel _____ ? (insert your word here)

CHALLENGE

DAY 2

How you feelin'?

10. What would you have to stop doing to feel _____ ? (insert your word here)

11. How would your friends know you are feeling _____ ? (insert your word here)

12. What would that key person in your life (best friend/partner/parent etc.) notice about you if you were feeling _____ ? (insert your word here)

CHALLENGE

DAY 2

How you feelin'?

13. What is the one "bang for buck" thing that you can start believing and reminding yourself of daily to feel _____ ? (insert your word here)

14. What is the one "bang for buck" thing that you can start doing daily to feel _____ ? (insert your word here)

Notes

CHALLENGE

DAY 3

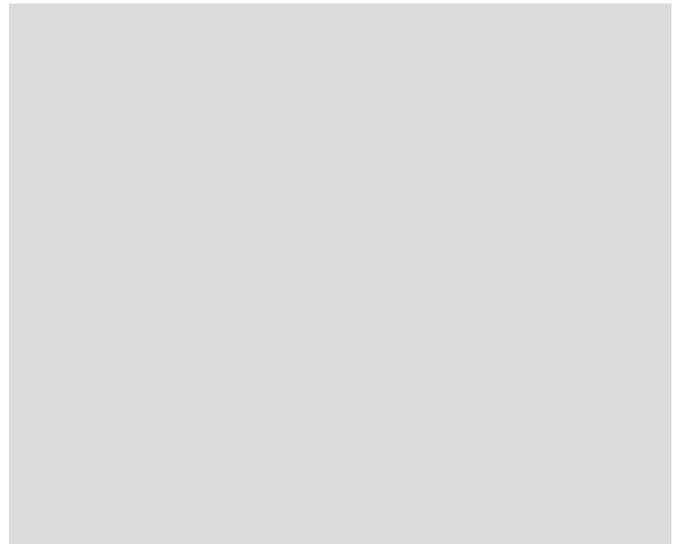
Where is your support?

I could run a whole course on the people and relationships we choose to have in our life! We can have such a complex yet simple circle around us! Our loved ones can trigger us into growth, old patterns and at times they can simply not be helpful at all! Today, we want to focus on a handful of key people around you. Most importantly, I want you to explore how you feel around those close to you and which part of that is your responsibility.

As always, we will set an intention today. Have a think about how you would like to feel in yourself when you are around those who matter to you; in social situations or when reflecting on your relationships in general. When completing this part of the Guide you can focus on one relationship at a time or a handful of people around you. I will leave that up to you.

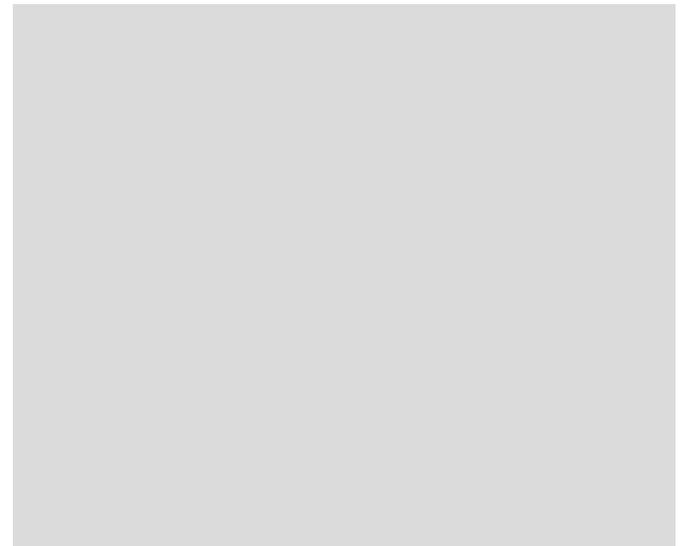
When around _____,
I want to feel _____

1. Who are the key people in your life? (in person or online)



2. Why do you love them?

3. Do you feel like your relationship is balanced? - You give, they receive. They give you receive.



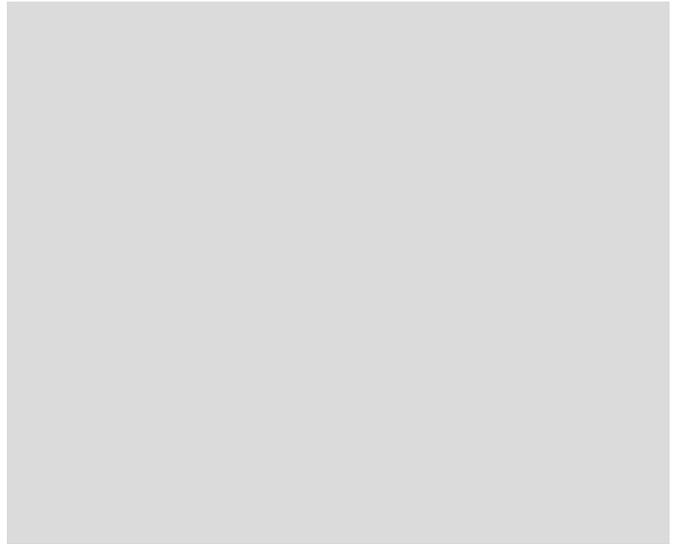
CHALLENGE

DAY 3

Where is your support?

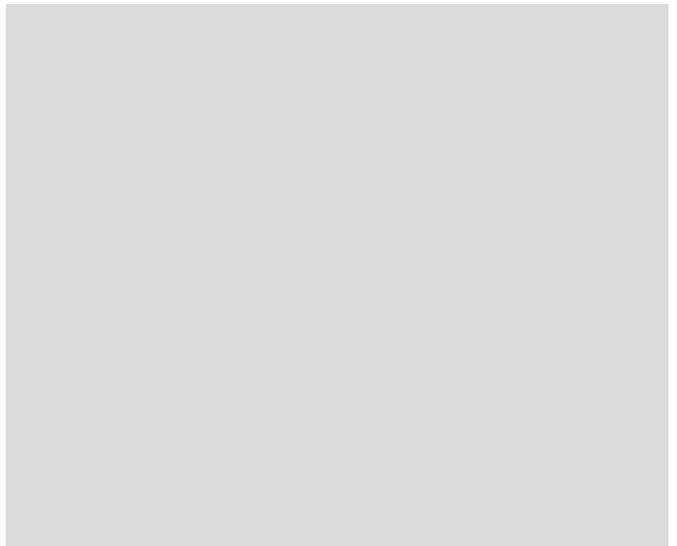
4. What do you need from your relationships?

5. How do you show love and support to those around you?



6. How do your loved ones show love and support to you?

7. How do you need them to show you love and support?



CHALLENGE

DAY 3

Where is your support?

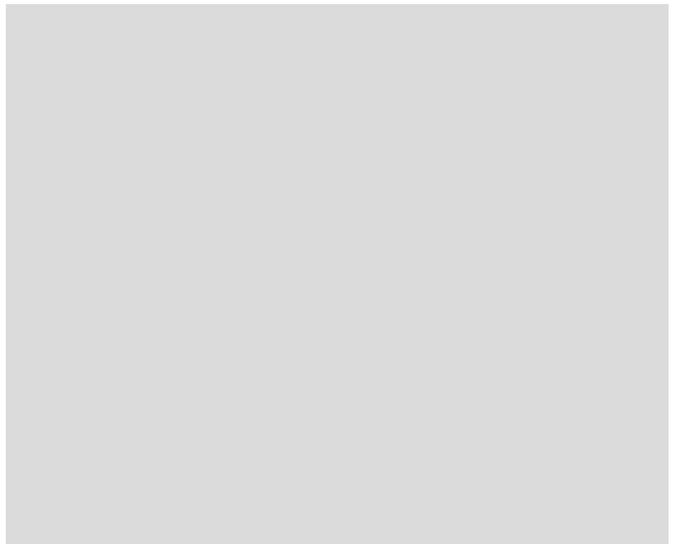
8. Do your loved ones know what they need from you?
What do they need to know?

9. What would be the one thing that they can do to
make sure your relationship lasts?



10. What would be the one thing that you can do to
make sure your relationships lasts?

Notes



CHALLENGE

DAY 4

How do you live?

I'm sure you have heard that story about our home being a reflection of who we are. Truth be told when my home is a mess, my mind follows suit. When I have no space sacred to me and all mine, I feel lost. I am a strong believer that our living space and our belongings are a massive reflection of who we are in the season we are in. Are you holding onto the past? And coincidentally holding onto belongings from that time too? You logically know that there will always be a time to replace all the things, but you just can't let go. Yep I get it! Are you feeling cluttered, stuck and all over the place and you look at your room or living place and it is pretty much the same? Yep I get it!

Soooo let's change that up! Forget pintrestworthy styling, furniture and spaces. Please do this one with purpose. Let's start simple. How do you want to feel in your home or living space (for those of you sharing your home)?

I want to be _____

1. Are you happy with your home/physical environment?

2. What is the vibe in your current home? Are you happy with that?

CHALLENGE

DAY 4

How do you live?

3. Where is your space in the home? Where do you spend your time? Why?

4. How could you find/change a space in the home to make you feel _____?

5. What areas in the home do you avoid? Why?

CHALLENGE

DAY 4

How do you live?

6. How could you change them to reintegrate yourself into the space?

7. What can you let go off in your home? What doesn't feel like _____?

8. What reminders can you place around your home to make you feel _____?

CHALLENGE

DAY 4

How do you live?

9. What is one thing you can do for yourself that brings the feeling of _____ into the home with you? Think pick a flower on the way home, walk in positive, change out of work clothes asap etc.

10. What would be the one thing that you can do to make sure your home stays feeling like _____?

Notes

CHALLENGE

DAY 5

Where are we going?

Literally! I hope that you are getting ready for another 30 minute walk to have your own ponder about all the goals that you have planned in the past and that are still simmering deep within! In this exercise don't be afraid to dream big, don't let logic take over, simply listen to your own desires and write down whatever goals you want!

I also want to take this moment to congratulate you for getting this far! Look at you go! It's not easy to sit down and review what we are doing and how. It's uncomfortable and at times overwhelming too. That's why today will help you nut it all out!

This final day wouldn't be the same if we didn't set an intention! Now take a deep breath and a meaningful moment to get in touch with what it would feel like if you were already on your way to achieving all that you have dreamed of.

I want to be _____

A quick note on the next two pages!

GOAL SETTING

On the next page, you will find a goal setting worksheet. You can choose to set one goal e.g. work, relationships, home etc. and work solely on that or you can complete the worksheet multiple times working through it for each area. Break down each goal into actionable steps, even if you have to keep breaking it down further from the "action plans". You want to have a check list that you can tick off at the end of this!

A MONTH IN REVIEW

Reviewing your goals is as important, actually more important, than simply setting them. Commit to a day at the end of each monthly cycle and review, re-evaluate and re-set your goals.

CHALLENGE

DAY 5

Where are we going?

YOUR BIG GOAL

What are three things you can do to get there?

SUBGOAL 1

SUBGOAL 2

SUBGOAL 3

CHALLENGE

DAY 5

Where are we going?

What are three actions you can take to get there?

ACTION PLAN FOR SUBGOAL 1

Action 1

Action 2

Action 3

ACTION PLAN FOR SUBGOAL 2

Action 1

Action 2

Action 3

ACTION PLAN FOR SUBGOAL 3

Action 1

Action 2

Action 3

MONTH IN REVIEW

Month reviewed:

Next month:

WHAT WERE THE 3 HIGHLIGHTS OF THE LAST MONTH?

3 GOALS YOU WOULD LIKE TO ACCOMPLISH THIS MONTH?

WHAT DIDN'T GO THE WAY YOU PLANNED?

WHAT WILL YOU DO BETTER THIS MONTH?

WHAT DID YOU LEARN ABOUT YOURSELF LAST MONTH?

HOW WILL YOU CHALLENGE YOURSELF THIS MONTH?



*If the plan doesn't work ,
change the plan. Not the
goal!*

Anon



introducing the
Walking Session
ONLINE COMMUNITY

where we change, grow and up-level using
Walk and Talk Therapy, holistic therapy +
lived experience TOGETHER

Walking Session is the only online community of its kind that not only
shows you exactly how to create change, but also connects you with
like-minded people on the same journey, at the same time.

WHAT'S NEXT?

If you're looking for more depth, if you're on a journey to becoming your unapologetic self, if you know that all this will lead you into a new space of seeing the world and being your true happy self in it, then you're exactly where you're meant to be.

Imagine a community where you can create all that and more one step at a time. Where you go for a walk in nature and leave elevated each time. Imagine if self-development was part of your daily walk, easy to process and leading you to daily lasting shifts.

That's what WALKING SESSION is all about.

LEARN MORE

OTHER RESOURCES & PRODUCTS

Check out some of our other walk and talk therapy resources that you might find helpful

1

Walking Session

The only online community that merges movement, nature and therapy to create change. Be the first to know when we launch this space.

[JOIN TODAY](#)



2

Walk and Talk Therapy Podcast

A space where we talk about mindset, business building and inspiration for carving out an exceptional life using the support of nature, movement and holistic therapy.

[TUNE IN NOW](#)



3

Find a Walking Therapist

Prefer to walk one-on-one and in your local area? Check out our Therapist Directory to connect with a Walking Therapist in your area.

[FIND A THERAPIST](#)



LEARN MORE ABOUT WALK AND TALK THERAPY

If you would like to learn more about all things walk and talk therapy, check out our website where you will find a blog, podcast, online programs and many more resources to help you on your journey.

[LEARN MORE](#)

