

## 36. Attitude Activity: There and Back

This activity has been used successfully with adults experiencing difficulties in their work or personal life. It's a balancing exercise that frees up the mind and lets you make sense of hundreds of competing thoughts, ideas, worries and fears. So, if you're in a muddle, if you're struggling to feel positive or if you're feeling gloomy, this one might work for you.

The human brain works more effectively with good blood flow, so walking is essential to this activity. After your walk, you will need half an hour to collect your thoughts, jotting things down and making notes. Alternatively, you can use the voice recorder on a mobile phone to record your thoughts and ideas as you go. For this activity to work, you need to be disciplined and follow these rules to the letter!

Block out an hour of your time. You must be alone and undisturbed for this hour. Choose a destination that is about twenty minutes' walk away. While you walk there, you can only think positive thoughts. Your topic is: things I am good at and things I am thankful for. Nothing else can enter your mind. Bully yourself into staying on these two topics. Record your thoughts or list them quickly on a notepad. Then turn around and return to your start point. While you walk back, you can address the problems you think you have, but here is the rule – your topic is: things I can do to solve my problems. Be strong with yourself. This is the only thing you can think about. When you arrive back, take a few minutes alone and make a note of your thoughts and ideas.

A final thought: worry is a call to action. If you're worrying, make a list of actions and then act on what you have listed. If you don't change things, things don't change. Some people repeat this activity a couple of times a month to help them refocus. One person we know has the top of a hill as their destination – they say that walking down it helps them to relax after the hard slog of getting to the top, and they always come up with actions they can take to solve problems on the way down.

<b>'Walking there'</b> (things I am good at; things I am thankful for)	<b>'Walking back'</b> (things I can do to solve my problems)
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### Final Thoughts

This is a very satisfying activity if you finish it with an action – something you've listed in the right-hand column – that you do as soon as you get back. Repeat the activity even if your lists remain the same. The recording of positives on the left, and plans on the right, is very inspiring!