

## **Week One Theme: Gratitude**



### **Gratitude for Every Step: Peace in Every Step Global Walkathon**

#### **We Walk Together in Gratitude**

Today we pause to honor the spirit of gratitude & the growing movement of our  
Peace in Every Step Global Walkathon

The Peace in Every Step Global Walkathon, inspired by the Monk's Walk and hosted by  
Pathways To Peace and The Peace Alliance, is more than a walk.

It is a global expression of appreciation for the people, communities, and shared humanity  
that connect us all.

With every step, we recognize the countless acts of kindness, courage, compassion, and  
care that continue to bring light to our world.

#### **Thank you for joining the Peace in Every Step Global Walkathon!**

As you walk, you may choose to:

- Walk in gratitude for those who have supported, encouraged, or inspired you.
- Offer appreciation for the peacebuilders, healers, teachers, caregivers, and changemakers in your life and around the world.
- Reflect on the beauty of our shared human journey and our collective ability to create a more peaceful future together.
- Honor the Earth beneath your feet and the interconnectedness that unites us all.

**Gratitude has the power to transform us and how we see one another.**

And when practiced together, it can transform communities, relationships, and the world  
itself.

**Through our walkathon, gratitude becomes more than a feeling.**

**It becomes a living practice.**

**A shared intention.**

**A pathway to peace.**

**Every step is appreciation.**

**Every step is connection.**

**Every step is peace.**

**Be Peace. Walk Peace. Share Peace.**

**Our gift to you!**

**<https://youtu.be/xKTGYqv7Chg?si=yX42G75IbOmbr9Fr>**