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A CCLI direct action project

# THE WALKING PROJECT



Restoring our health & the health of our planet

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**[CLICK HERE TO PARTICIPATE IN THE WALKING PROJECT](#)**

**What is the Walking Project:**

It is a platform to encourage health and climate action through walking and transformational thinking which walking enables. CCLI has designed and is carrying out our own journey called walking four directions, and we hereby invite everyone who can to plan out and implement your own walking project so that together we create a ripple effect.

**Why walk:**

Walking supports well being. It is excellent for our physical & mental health. Walking connects us with the Earth, as our feet keep touching the ground, raising our consciousness of nature and community and becoming more aware of the atmosphere around us. We do no harm, the Hippocratic Oath, and we improve the condition of the climate if we drive less as a result of walking. Another virtue is the opportunity to strengthen relationships — with our family and friends (including four legged friends) and even with strangers. Think back to memories we have walking with loved ones past and think forward to the quality times we can facilitate by walking with those present. We contemplate, problem solve and become more creative when we are in such motion. The list of benefits go on, and we should channel these as we go.

**What is the purpose of this walking project:**

One aspect of this Walking Project is to strengthen and uplift our personal lives and relations. The main point is to help restore public health and address the climate crisis at once.

**How do you participate:**

Design, carry out and then share your very own walking endeavor to help restore our health and that of the planet. **[To participate visit this link](#)**, answer some brief questions, and then develop and embark on your own walking project. Post pictures of you walking on social media and direct people to our walking project here at [www.takeresponsibility.us](http://www.takeresponsibility.us).

**Find inspiration:**

Think of the many who have gone before us who have walked for a cause much greater than themselves who can serve as inspiration. Gandhi, for example, walked as much as 25 miles a day, and he led the famous salt walk to the sea in honor of self determination and in protest to Great Britain's imperialism. We don't have to be Gandhi; we should just be ourselves. But if we are committed and act together, we have the power in our own two feet to support the transformation of society away from fossil fuels and towards a climate safe, rejuvenating future.

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