

I Walk to Become More

Walking isn't just about moving from one place to another. It's a way to connect, to elevate, and to transform. **I walk to become more.**

Elevated Spaces and New Perspectives

There's something special about being in elevated spaces. Today, I'm standing on the Art Museum Steps in Philadelphia, with a direct view of City Hall. The vantage point gives a sense of clarity and perspective—not just visually but emotionally.

"Being around others and moving your physical body—walking, lifting weights, whatever it may be—augments the way you feel emotionally."

Elevated spaces seem to inspire deeper thinking. They make you feel stronger, more powerful, and perhaps even happier. There's a connection between where you are physically and how you feel emotionally.

Movement and Emotional Strength

Walking is simple. You put one foot in front of the other, yet it has a profound effect on your emotional state. Movement—whether it's walking, running, or lifting weights—has the power to shift your mood and perspective.

The Power of Smiling

Even small actions, like smiling, can transform your emotional state. It's a simple reminder that:

- Your emotions are tied to your physiology.
- Movement has the power to overcome negativity.
- Happiness is often a result of small, intentional actions.

"A lot of this stuff, when it comes to your emotional state of being, is actually physiological."

Walking as Transformation

Walking isn't just exercise; it's a tool for growth. When you walk, you're not just moving through space—you're becoming more. Elevated spaces, open skies, and the rhythm of your own steps all contribute to a feeling of strength and power.

"The movement of your body through the world allows you to become more."

Final Thoughts

Next time you're feeling stuck, get up and walk. Find an elevated space. Move your body. The world opens up when you do, and so do you. Walking is more than a physical act—it's a way to elevate your mind, body, and spirit.