EVERYWOMAN'S TOURNAL

Step 2 – September 2017

Mindfulness Through Senses

How many times have you driven to work, walked the dog, or gone through your daily routine without even thinking about it? This journaling exercise, which incorporates the five senses, is meant to help you pause and truly experience the moments in your life.

Exercise adapted from: $\underline{https://www.mindbodygreen.com/o-25949/how-to-become-more-mindful-using-nothing-but-a-journal.html}$

Part 1. Spend 10-15 minutes doing an activity that you do regularly, or take a familiar walk. Pay close attention to your body and your surroundings. How does the ground feel under your feet as you take a step? What is the quality of light around you? What can you hear, taste, smell, touch, see? No need to make notes yet - just be in your body and allow yourself to feel.

Part 2. When you have completed your activity, get out your journaling materials. Write down what you noticed. Use whatever words come to you, add drawings, or doodle to describe your experience. Watch as you translate your mindful experience			
			into words.

 · · · · · · · · · · · · · · · · · · ·
-

"Be happy in the moment, that's enough. Each moment is all we need, not more". ${\sim}\, Mother\, Teresa$