

Mindfulness of the Senses

Really **smelling** something, breathing in the scent deeply



Really **feeling** something, noticing the texture and sensations



Really **tasting** something, eating slowly, savoring each bite



Really **looking** at something, noticing every detail you may normally miss



Really **listening** to something, hearing every sound and vibration



My Mindfulness of senses practice: This week I noticed

The smell of: _____

The feel of: _____

The taste of: _____

The look of: _____

The sound of: _____

What did I learn from doing this?
