

# MINDFUL SENSES

5 minutes for 5 senses. All you have to do is close your eyes and think of:

5 Things you can see that normally wouldn't care to **SEE**:

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4 Things you can see that normally wouldn't care to **TOUCH**:

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3 Things you can see that normally wouldn't care to **HEAR**:

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2 Things you can see that normally wouldn't care to **SMELL**:

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1 Thing you can see that normally wouldn't care to **TASTE**:

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