

Observe Surroundings

Prepare yourself for this experience by standing in place or taking a seat. Begin by observing what is happening around you right now. Take three deep breaths, then consider the following questions below.

When you focus your eyes on what is in front of you, what do you notice? Texture? Color? Content?

When you close your eyes, what do you notice about the sounds surrounding you?

How does the space or the object in front of you appear different now compared to when you first observed it?

Observe Yourself

Prepare yourself for this experience by standing in place or taking a seat. Begin by observing what is happening around you right now. Take three deep breaths, then consider the following questions below.

What do you notice about your thoughts while looking at what is in front of you?

What emotions do you feel while standing/sitting in space?

What else is impacting your present experience standing/sitting in this space?

Mindful

1. Conscious or aware of something.
2. Focusing one's awareness on the present moment.