

5X5 MINDFULNESS EXERCISE

A SUPER-DUPER QUICK EXERCISE TO BRING YOUR ATTENTION INTO THE PRESENT MOMENT.



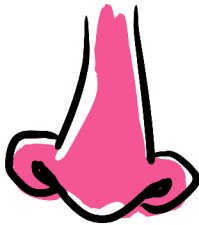
What can you **SEE**?

- 1.
- 2.
- 3.
- 4.
- 5.



What can you **HEAR**?

- 1.
- 2.
- 3.
- 4.
- 5.



What can you **SMELL**?

- 1.
- 2.
- 3.
- 4.
- 5.



What can you **TASTE**?

- 1.
- 2.
- 3.
- 4.
- 5.



What can you **FEEL**?

- 1.
- 2.
- 3.
- 4.
- 5.