

Elevating Joy Through Your Five Senses



Guide and Journal For Your 4-Week Journey

Your Name _____

Start Date _____ End Date _____

www.kairoscoachingandhealing.com

Welcome to your journey into your Five+ Senses!

During this self-paced exploration, you will raise your awareness of your Five+ Senses to more fully experience life. If you engage regularly and deeply with each of the activities, you will decrease stress and anxiety, gain more clarity, more energy, and ultimately find Joy each day.

And as a reminder, the tools are already contained inside of you. Your God, Creator, Universal Energy, or whatever and whomever you anchor your soul to, has given you this beautiful gift, and it is up to you to unlock the potential that is awaiting you.

As you engage in each of the activities, you are in total control of your experience. For some of you, taking 3 minutes is enough time, for others it requires 15 minutes or more. Find what is comfortable for you. And you may return to hone any one of your senses at any time!

A Few Tips:

- **Set a reminder each day (put this on your phone)**
- **Use headphones for the music**
- **Journal about your experience (Notice and Thank)**
- **Share your journey with others if you want accountability and camaraderie**

Pre-Experience Journaling

Date_____

What challenges are you facing right now in your life?

What emotions come up for you?

Where in your body do you feel these emotions?

If the challenges were all resolved, what would it look like to find yourself in a place of peace, comfort and joy?

What emotion do you most want to experience?

What does this desired emotion feel like in your body?

Table of Contents (clickable sections):

- ❖ [Week 1 Visual System](#)
- ❖ [Week 2 Auditory System](#)
- ❖ [Week 3 Kinesthetic System](#)
- ❖ [Week 4 Olfactory and Gustatory System](#)
- ❖ [Journal Pages](#)

WEEK 1: Visual System

Visuals - using your power of sight both externally and internally

Day 1 Zoom Out	<p>Find a comfortable place to sit either indoors or outdoors (outdoors is preferred), rest your hands in your lap, breathe and set your intention to tap into your power of sight.</p> <p>Just notice what is around you. How much can you take in each moment? (size, shape, color, texture, volume, proportion, number of objects)</p> <p>Notice what you see. Pause. Thank what you see.</p> <ul style="list-style-type: none">● Move your eyes 5 feet away from you and notice● Move your eyes 10 feet away and notice again● Move your eyes 15 feet away and notice again● Turn your head without moving your body and scan your surroundings; Tilt your head up and down to make sure you are noticing your full field● Continue moving your focus until your vision is at the edge of your space or view <p>Finish by thanking your eyes for helping you see the world in a Zoomed out way.</p>
Day 2 Zoom Out	<p>This experience will work best outdoors. Get settled and comfortable, take a few deep breaths, and get ready to do some “Camera” snapshots with your eyes.</p> <p>Notice what you see. Thank what you see each time you blink.</p> <ul style="list-style-type: none">● Find an object about 10’ in front of you● Focus on it, and then take a mental snapshot of it● Blink your eyes● Find a different object farther out, again focus and take it in

	<p>then take the mental snapshot</p> <ul style="list-style-type: none"> • Blink your eyes • Continue to look further and further out, taking these mental snapshots • See how far away you can focus <p>Finish by thanking your eyes for their ability to notice distance and the objects in your world.</p>
<p>Day 3 Zoom In</p>	<p>Again, find a space to sit comfortably, indoors or outdoors is fine. Rest your hands in your lap, breathe deeply and set an intention to focus on one object for as long as it takes to observe every detail of the object.</p> <p>Notice each detail. Thank your sight for giving you this gift.</p> <ul style="list-style-type: none"> • Find an object within reach and within your focus (you may pick it up for even closer observation) • Notice the shape(s) • The size • Zoom into Color • Zoom further into Texture • Zoom deeper into Dimensionality <p>When you think you have noticed it all, ask your eyes to Zoom in one more time. Pause and take in every single detail.</p> <p>Finish by thanking the object for giving you the opportunity to slow down and discover what is usually hidden.</p>
<p>Day 4 Zoom In</p>	<p>Today's exercise is about focusing on someone close to you. You will need to have them be near you so that you can share what you notice. (This is good for couples and intimacy.)</p> <p>Without touching, start by looking at the whole person. Look</p>

without judgment, just notice. Notice their general features as you scan from top to bottom and back up.

Then focus on their face. Notice without judgment:

- Shape of their face, lines and curves
- The bend in the forehead and chin
- Colors within the eyes–dive into the eyes for a while
- Shape of their eyelids, follow that shape down the nose and around the nostrils
- Follow the lines and plumpness of the lips
- Zoom into the skin, notice the colors and variations, sheen
- Zoom further into the skin and notice the minute hairs, freckles, the depths of dimples

Notice. Pause. And thank your eyes for allowing your eyes to see your person through a fresh lens. Let your gratitude help you appreciate the person in front of you.

*you may share what you notice with this other person if you feel comfortable

**Day 5
Go In**

This final exercise for the week is about using your internal sight. Internal visuals are extremely powerful–they have the power to trigger pain, re-live a trauma, be transported to a favorite place and space, and to envision something you desire in your future. Your mind makes it real.

Close your eyes. Invite your being to bring to your awareness a past memory or you can envision a new memory that brings you pure joy, a happy moment full of ease and comfort, or excitement and positive energy. Bring something to your awareness as a visual–this may come to you as a still picture, in color or black and white, it

may even appear in your mind as if you are in the moment 3-D. Just notice what comes to your awareness. Thank the visual and notice what happens.

If there is a change in the visual, just notice this, without judgment. Follow the changes, continuing to notice and thank and visualizing the joy in this moment.

You may find colors become brighter, or the image comes into more and more focus, or you are able to move about the memory seeing it from different angles. Allow yourself to have fun in this moment—you can play with the image by changing something in it.

- E.g. The cute fuzzy dog becomes a purple dog with long legs
- E.g. The smiles on people's faces are so bright and happy they look like sunshine is beaming from their faces and then each person turns into beam of sunshine in the sky

Anything can happen if you envision it! Dream the dream, see it in detail. Notice and be grateful for each visual you see.

Then when you feel you have taken in the details and experienced the moment, open your eyes, hold the visual in your memory. And share gratitude for your soul's ability to play with your internal visuals.

*If you struggle with finding a visual, try looking at a photograph or picture or image on a screen for a few moments—this can be of something that is family or something unknown that makes you smile. Then close your eyes and explore this moment of joy.

WEEK 2: Auditory System

Auditory - using your power of hearing

Day 1 Internal Dialogue	<p>Today is all about your internal dialogue or self-talk. You will need sticky notes/notes app on your phone throughout the day.</p> <p>Every hour, you will need to pause and listen to what your internal dialogue is saying. Do you talk to yourself with a kind and loving voice? Do you hear another voice inside your head? What is it telling you?</p> <p>Write what you say to yourself down on paper. If it is a negative thought, re-write this into something you want to believe about yourself or what you want to listen to.</p> <p>At the end of the day, take all the positive statements and read them out loud. Post these:</p> <ul style="list-style-type: none">• on a mirror• on the dashboard of the car• at your office• add one as a screen-saver• inside your fridge• any place where you may find you need a boost! <p>Whenever you find a note, read it out loud, then say it to yourself silently.</p> <p>Thank yourself for noticing your positive self-talk. And ask your being/soul to continue to speak kindly, with love, and pour happiness into your inner-talk.</p>
----------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Day 2 Targeted Listening	<p>Music has the power to lift you up and change your entire physiology. For the next two days, please play with Binaural Beats. These are controlled by two different Hertz in each ear, which then sends signals to the brain that help you focus, find energy, sleep better, etc. This is still an emerging science and preliminary research findings are positive.</p> <ul style="list-style-type: none">★ DO NOT LISTEN TO BINAURAL BEATS WHILE DRIVING OR OPERATING EQUIPMENT OF ANY KIND.★ There is no need to listen to this loudly. Actually the opposite is just as effective. Volume just loud enough for perceived tone.★ Please only listen for 3 minutes to start, you can always increase the time as is comfortable.★ Must use headphones - the science shares that different tones are played for each ear resulting in a third new tone. Headphones will be most effective for this experience.★ <p>Binaural Beats (you will need headphones for this) <u>Happiness Beats</u></p>
Day 3 Targeted Listening	<p>Continue Binaural Beats selections Try listening outside in nature, or find a place that is busy and noisy and see how this practice helps you calm the chaos.</p> <p>Binaural Beats <u>Attract Positivity, Luck, Abundance Beats</u></p> <p>*note: Search on Spotify for entire playlists for different purposes!</p>

Day 4 Macro and Micro Listening	<p>For this day, it is much like the visual experience. Find a place outside. This can be in a park, your yard, on the sidewalk, just about anywhere. And it does not have to be a quiet place. You may choose to do this during the day, or find joy in the nighttime darkness.</p> <p>Find a place to sit comfortably. Close your eyes and listen without any judgment.</p> <ul style="list-style-type: none">● Notice what sounds are close to your personal space<ul style="list-style-type: none">○ How many different sounds can you hear?○ Can you describe the sounds? (tone, volume, pitch, frequency, etc.)● Thank what you hear● Then zoom a little farther out. What are the sounds you hear about 5-10' from you?<ul style="list-style-type: none">○ Sit for a moment and distinguish the sounds○ Can you distinguish voices, different bird calls, different sounds of vehicles or modes of transportation?● Again thank what you hear● Now zoom further out, can you hear across the park or street or distance more than 10'-20' away?<ul style="list-style-type: none">○ How many new sounds do you hear?○ Pick one sound and follow it—do the other sounds become softer as you focus on one sound?○ What is the quality of the sound you are focusing on?● Thank what you hear and thank you ears for giving you this gift● Now zoom as far out as you can<ul style="list-style-type: none">○ What sounds are at the edge of your perception?○ How long can you hold the sound?● Again thank the sounds and your ears and mind● Come back to the sounds around you. Find one sound to focus
----------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<p>on</p> <ul style="list-style-type: none"> ○ Can you hear crickets even in a busy city? ○ Do you hear the sound of the wind or breeze? ○ Is there an airplane? How long can you hear it? ○ What is the quality of this one sound you are focusing on? ○ Ask your ears and mind to focus on this one sound and allow all other sounds to become background noise or even disappear altogether ● Thank your ears and mind for allowing you to experience this moment. <p>Then when you are ready and only when you are ready, you may open your eyes and return to your space visually.</p>
Day 5 Music Toolkit	<p>Today is your day to make “I Am An Amazing and Joyous Person and The World is a Beautiful Awesome Place” playlist. Music has the power in our minds to stimulate neural pathways. And at the end of this week you will close by making an auditory toolkit.</p> <p>Using your Spotify/Amazon/Apple or whatever way you listen to music create a new playlist. This music MUST be happy, exciting, from happy memories, new sounds, and genres new and known.</p> <p>Each day, find at least <u>2 times</u> in the day to play some of your songs.</p> <ul style="list-style-type: none"> ● Play music in the shower or during breakfast ● In the car–turn it up loudly if it is just you so you can experience the beat ● Sing along to one of the songs, even if someone is listening ● Try playing background music at dinner ● If you have children, experiment with music that calms, hypes them up, etc. ● You may want to make separate playlists for different

emotions or states you are trying to boost for yourself

- Examples of my playlists:
 - Bad Ass Woman Playlist
 - *Eye of the Tiger* by Survivor
 - *Inner Ninja* by Classified
 - Happy Me Playlist
 - *The Sound of Sunshine* by Michael Franti and Spearhead
 - *Joyful* by Dante Bowe
 - Life is Good Playlist
 - *Wonderful* by Burna Boy
 - *Good Morning* by Max Frost
 - Moving Out of Hurt Playlist
 - *Anthem Walk Off the Earth*
 - *Comeback Song* by Micah Tyler
 - Thank You God Playlist
 - *Thankful For You* by Toby Mac
 - *Our God* by Chris Tomlin

Finding more music:

- Share playlists and get playlists from friends and family
- Explore a new genre
 - Try some Opera - Puccini is my favorite
 - Find genre-bending music - Johnny Clegg another favorite
 - Branch out!!!
 - There is even Christian Rap!
 - Listen to another culture's music in a language you may not understand

Week 3: Kinesthetic System

Kinesthetic - Tapping into the power of touch, movement, feeling

Welcome to your Body! So many of us go through the motions day-to-day without thinking, and we have lost the beauty of kinesthetic experiences. So this week you get to fully reconnect with your body and world. Here are suggestions for different things you can try. Mix them up, find what works for you. And remember you can always grab an object, close your eyes, and experience it for 3 minutes. Again, this is all part of the Noticing and Thanking process we have used during the previous weeks.

***Note: If any of the activities do not align with your particular cultural or religious standards, please feel free to try something else.**

Day 1 Movement	<p>Yoga - This is such a powerful modality for connecting with your body, your breath, your mind, and spirit. If you have not tried this, please don't be afraid. I am sharing examples, select what feels most comfortable for yourself.</p> <p>And this is not just a woo-woo, voodoo magic kind of practice. Read more about the benefits from a scientific perspective.</p> <p>As you do this, notice your breath, your body, your mind. How do you feel? What part of your body is now awake?</p> <p>Tips:</p> <ul style="list-style-type: none">● Wear something comfy. And ladies, a sports bra/bra is recommended, especially if you are large chested. Trust me!● You don't have to buy anything special. A yoga mat does help with grip and stability, yet it is not required.● Chair-if you are new and need help with balance grab this.
---------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<ul style="list-style-type: none"> • Water • MODIFY–if you don’t find a pose doable try a different pose. • Farting and Burping ARE accepted! And we all do it. <p>★ HEALTH DISCLAIMER: PLEASE CONSULT YOUR HEALTHCARE PROVIDER BEFORE STARTING ANY NEW PHYSICAL PRACTICE.</p> <p>Choosing Your Practice: <u>Yoga for Celebrating Life</u> with Adriene (beginner and intermediate) <u>Chair Yoga</u> with Lauren (beginner, seniors, injuries) <u>Pure Joy Yoga and Cardio</u> with Kelsey (all levels)</p> <p>*Note: Don’t forget to journal and be aware of what you experienced. And be grateful to your body. Notice and Thank!</p>
<p>Day 2 Touch without Sight</p>	<p>Blind-Fold</p> <p>This is an easy to do experience. Take a normal everyday task you do and do it eyes closed. Touch your way through it!</p> <p>Examples:</p> <ul style="list-style-type: none"> • Washing bowls, plates, cups in a sink of hot and bubbly water • Take a bath with different cloths, sponges, etc. • Make a bed • File papers • Organize your desk • Hug your children, hold someone’s hand and explore their hand • Pet your dog/cat/lizard <p>*Disclaimer: DO NOT DRIVE OR OPERATE MACHINES WHILE DOING THIS! DO NOT PUT YOURSELF INTO DANGEROUS</p>

	SITUATIONS!
Day 3 Grounding	<p>Taking off your shoes and touching the earth is healing! We as modern people have lost our connection to the earth and its rhythms and healing properties.</p> <p>Today, find a place to experience the earth. It is important that you are not on concrete, asphalt, or manmade structures. Please do not carry a cell-phone—try to disconnect if you are in a safe area.</p> <p>★ DISCLAIMER: DO NOT WALK ON/OVER DANGEROUS OBJECTS OR IN UNSAFE PLACES ALONE. BE AWARE OF ANY LOCAL ANIMALS AND/OR INSECTS THAT ARE DANGEROUS. DO NOT TOUCH OR EAT ANYTHING FROM THE EARTH THAT YOU DO NOT KNOW ABOUT.</p> <ul style="list-style-type: none"> ● Take off your shoes and socks. And notice your feet, wiggle your toes, and touch them on the dirt, sand, grass, rocks, wood, whatever is in the natural space. ● Move slowly, intentionally. Describe the different sensations that your feet are helping you become aware of. Notice each sensation without judgment. ● Stand in place for a few moments, move your toes in this space, rub your feet across the earth. ● Feel free to sit down and touch the ground. If there is dirt or mud, get dirty. You can always wash up! Just notice the feeling of touching the earth, is it rough or smooth, heavy or light, feel all the feels. If you are in a place with snow, you may even try some snow swimming—yet lay in the snow in your swimsuit! It is good for your body to fully experience hot and cold and all the sensations. ● Trees—if you can find trees, spend time there. Touch the hug the tree and thank it, touch the tree bark, branches, leaves,

	<p>move slowly and intentionally. Notice all the variations in the surface.</p> <p>Ground yourself in the natural world for at least 30 minutes or more. We all need more nature!</p> <p>For you leave this natural space, thank it and notice what you feel as you thank this place. Where do you feel the joy in your body right now?</p>
<p>Day 4 Sensual Experiences</p>	<p>Your body is amazing! And you can explore it in fun, safe, and healthy ways. Some of these are just good for the soul and you should practice them regularly. And I am not just talking about sex!</p> <p>Here are few to play with:</p> <ul style="list-style-type: none"> ● Good old hand massage–grab some lotion, and put some in your hands, be aware of the lotion as it hits your hands. Move slowly and with intention, and play with light and heavy strokes. What feels the best to you? <ul style="list-style-type: none"> ○ Notice the giving and receiving hands–how is each hand experiencing this self-massage? Thank your hands and notice how they respond. ● Jump Into the Sheets–yes this means actually getting in bed. <ul style="list-style-type: none"> ○ Put freshly clean sheets on the bed. ○ Take time to touch the sheets and notice if they are smooth and silky, heavy, cottony-soft and fluffy, or anything in between. ○ Strip down naked (try this alone first). Yep, just do it! Put the top sheet over you. And just slowly and intentionally move around. <ul style="list-style-type: none"> ● How does the sheet feel under you/over you? How does it move with your body? <p>■ Just notice this and have fun–this should make you</p>

smile and even laugh. And lock the door if you think this is weird.

- **Draw yourself**–This is a vulnerable and honest look at yourself. (You can do this with or without a mirror; eyes open or closed; clothing or no clothing.) Do this activity just by noticing and thanking as you go along–there is **NO ROOM FOR SELF-JUDGMENT**. (Tip: To help with noticing without judgment, say to yourself, this is my hair, this is my throat, these are my toes, name what you touch.)
 - Starting at the crown of your head, use your fingers to lightly touch the top of your head.
 - From that point move slowly down to your forehead. Feel the skin and all its lines, wrinkles, dips, and bumps.
 - Move down your face following the various curves and swoops.
 - Continue to lightly feel down your throat and neck to your shoulders. Give yourself a gentle hug. You can even say, “I love myself!”
 - Continue to move down your body, lightly touching each curve, dimple, and scar. Thank each and every part of your body.
 - Move down your stomach and thank your belly button for delivering nourishment for your birth. to your pelvis and hips. Don’t be afraid of yourself. Just notice.
 - Move across your bum and down your thighs, and thank them for keeping your body upright and giving you strength.
 - Lightly touch the front of your legs, notice your bones, veins, hairs, all your perfections.
 - If you need to sit on a chair do so. And move to your ankles, really notice your bones and the structure and

	<p>move to your feet. Outline your feet and toes. And thank these amazing feet for carrying you for all your years.</p> <ul style="list-style-type: none"> ○ Slowly dangle your fingers from your feet back up the sides of your body, resting your arms on your chest in a criss-crossed fashion. And one more time, hug yourself. Thank your body for being amazing. ○ Stay here as long as you need and trust that you are whole, amazing, and were given this body to experience all the Joys in life. Notice and thank. ● Visit an animal shelter and pet the animals. You can do this by yourself, or bring the kids and family. Just be careful, you will want to come home with one! <ul style="list-style-type: none"> ○ Touch and explore many different breeds and notice the hair, fur, texture, softness, bristles, whiskers, etc. ○ Notice the beauty of these animals and know that your experience is giving them love. You both are benefitting!
<p>Day 5 Emotions are Feelings</p>	<p>Emotions have a place in our body. Researcher Bessel Von Der Kolk M.D. has been studying the effect of trauma on our body. And the findings are fascinating. Our <u>body</u> keeps a record of experiences, and triggers in our environment can cause our body to re-live and experience the same pain from the original experience. So if we do this with trauma, we can also experience Joy and trigger Joyous Happy Moments in our lives.</p> <ul style="list-style-type: none"> ● Ask yourself, when I experience peace, happiness, and joy, where do I feel it in my body? Give yourself time to answer this question. You may actually feel the sensation in your body at this moment. Just notice and thank what comes to your awareness. ● Keep doing this until you feel you are comfortable with feeling this physical sensation (and it may be in different places for

different experiences). Notice and Thank it.

Going about your daily life (do this 3 times today, and then keep it going and keep track of how many times you are finding moments of joy):

- Pause and ask myself, what in this moment can I find joy in? When you find it, ask yourself, where in my body am I experiencing this?
- Say out loud, “I feel joy right here right now in my _____.” (name the part of your body–heart, stomach, top of my head, wherever it comes)
- With your dominant hand, place your palm over this area and say out loud, “This feeling of joy in my _____ is right and good and can continue, and I invite my being/soul to help me recognize and continue to continue to feel this feeling of joy during my daily routines and into my night and dreams.”

Week 4 Olfactory and Gustatory Senses

Olfactory - smell; Gustatory - taste

These two senses are actually a subset of Kinesthetic. You have a physical experience with smell and taste. These two work together and can transport you to the past, to happy memories, to places and spaces you have lived and visited, and these senses can be honed and further developed into new arenas.

For some this might be a tough or painful week due to long-term COVID effects. Give it a go and thank what you do experience. I am one of these people who has Dysgeusia from COVID, and so I am learning how to enjoy new foods, and learning new smells for familiar things that may never smell the same again. Again this is a Notice and Thank process, without judgment.

Day 1 Tik Tok Challenge	<p>Today you need a blind fold, maybe have your children, a spouse, a <u>trusted</u> friend do this with you. Key word is trusted.</p> <p>You will be the blind-folded person smelling and tasting things. Your person will be helping provide each new smell and taste, and writing down what you experience so when you take off the blindfold to reveal each item you can match it to what you experienced.</p> <p>★ DISCLAIMER: You must share any food or scent allergies you have with your trusted person. And it is your responsibility to share with them anything you WILL NOT experience.</p> <p>This should be fun, safe, and interesting. The goal is to wake up your nose and taste buds. And to have some laughs!</p>
----------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<ul style="list-style-type: none"> ● Start out with basic flavors and get more complex <ul style="list-style-type: none"> ○ Sweet, sour, savory, salty ○ Hot, cold ○ Crunchy, smooth ○ Etc. <p>Notice and name the smells and flavors and describe the textures and experience. When you are done, take a moment to silently thank each of these foods or items for awakening your senses.</p>
<p style="text-align: center;">Day 2 New Flavors</p>	<p>You may either choose to dine out or stay in. Either way, you need to sample foods that have NOT been on the menu before.</p> <p>Rules for this meal:</p> <ul style="list-style-type: none"> ● Breathe in the smells first <ul style="list-style-type: none"> ○ Try to distinguish the aromas ● Eat slowly (this may mean counting how many times you chew-20 times or so) ● Roll the food around in your mouth to get a full mouth experience ● Pause between bites (put down the fork!) ● Be the food critic and find the amazing qualities of the dish, name them specifically, try use precise language
<p style="text-align: center;">Day 3 Known Flavors</p>	<p>This is a repeat of Day 2, however, this time you get to savor the flavors of a dish that is well known to you and those whom you may live with.</p> <p>As you experience the dish, share what you are doing with others so they can as well linger longer and enjoy the flavors.</p> <p>*Note: If you play food critic, this is not the Gordon Ramsey Show. Play nice. Compliments to the Chef only!</p>

Day 4 Day/Night Sniffing	<p>Today is the day to find nature and smell it or go “Sniffing.” You may choose to go into the world sometime during the day or night. Nature for some means the woods, or a stream, or local pond, for others it may mean a yard, a park, or a tree nearby, and for some others it may mean the florist or shop-keeper along the roadside.</p> <p>Much like grounding, it is important to awaken the body’s sense of smell with the earth.</p> <p>*Note: Taste in this exercise is only what is breathed into your mouth–DO NOT EAT DIRT OR OTHER ITEMS FROM NATURE ON YOUR WALK</p> <ul style="list-style-type: none">● Walk and breathe slowly● Be conscious of your inhalation and what smells and even tastes come to your awareness● Be conscious of your exhalation and how smells change or the taste changes● Feel free to kick up some dirt, sand, mud, leaves, branches, other loose items on the floor of the earth<ul style="list-style-type: none">○ Notice the different aromas○ Try to name and describe these smells and flavors○ See how many different aromas you can detect● Notice which smells are pleasant and which are not <p>At the end of your Sniffing, thank the earth for providing so many rich aromas.</p>
Day 5 Scent-Me Up	<p>Think back to a day, time, place, or person that makes you smile and brings you a sense of happiness and Joy. If you were to breathe in that moment, what would its smell be? Can you name the smell?</p> <p>Visit a candle, soap, oils, or body lotion shop, or a natural store with these same items. Search for that particular smell. And if you have</p>

the means, buy that candle, soap oil, or lotion and use it each day as a reminder of this moment of Joy!

Then begin to notice areas in your life that need a Scent-Me-Up. What emotion do you want to evoke in that space? Find that scent, purchase something small to use in that space. And voila!

***Note:** It is best to use as natural of scents as you can. Essential oils work wonders! (and they last a long time)

Journaling

These are meant to be short journals to capture the experience, the learning, and the Joy so that you can find what works best for you and add it to your sensory toolkit for future use.

Date	Experience You Tried	Journal Prompts: <ul style="list-style-type: none">❖ What did you learn about yourself?❖ How will you use this method?❖ Why is this sense so powerful for you?❖ Describe what you experienced?❖ What sensory superpower do you now have?❖ How did you find Joy in this particular activity?❖ What emotions did this evoke? How come?❖ What did you experience as you would Notice and Thank?❖ What is the power of Gratitude in your life?

Date	Experience You Tried	Journal Prompts: <ul style="list-style-type: none"> ❖ What did you learn about yourself? ❖ How will you use this method? ❖ Why is this sense so powerful for you? ❖ Describe what you experienced? ❖ What sensory superpower do you now have? ❖ How did you find Joy in this? ❖ What emotions did this evoke? How come? ❖ What did you experience as you would Notice and Thank? ❖ What is the power of Gratitude in your life?

Date	Experience You Tried	Journal Prompts: <ul style="list-style-type: none"> ❖ What did you learn about yourself? ❖ How will you use this method? ❖ Why is this sense so powerful for you? ❖ Describe what you experienced? ❖ What sensory superpower do you now have? ❖ How did you find Joy in this? ❖ What emotions did this evoke? How come? ❖ What did you experience as you would Notice and Thank? ❖ What is the power of Gratitude in your life?

Date	Experience You Tried	Journal Prompts: <ul style="list-style-type: none"> ❖ What did you learn about yourself? ❖ How will you use this method? ❖ Why is this sense so powerful for you? ❖ Describe what you experienced? ❖ What sensory superpower do you now have? ❖ How did you find Joy in this? ❖ What emotions did this evoke? How come? ❖ What did you experience as you would Notice and Thank? ❖ What is the power of Gratitude in your life?

Date	Experience You Tried	Journal Prompts: <ul style="list-style-type: none"> ❖ What did you learn about yourself? ❖ How will you use this method? ❖ Why is this sense so powerful for you? ❖ Describe what you experienced? ❖ What sensory superpower do you now have? ❖ How did you find Joy in this? ❖ What emotions did this evoke? How come? ❖ What did you experience as you would Notice and Thank? ❖ What is the power of Gratitude in your life?

Date	Experience You Tried	Journal Prompts: <ul style="list-style-type: none"> ❖ What did you learn about yourself? ❖ How will you use this method? ❖ Why is this sense so powerful for you? ❖ Describe what you experienced? ❖ What sensory superpower do you now have? ❖ How did you find Joy in this? ❖ What emotions did this evoke? How come? ❖ What did you experience as you would Notice and Thank? ❖ What is the power of Gratitude in your life?

Journaling

This space is left intentionally blank so you can doodle if that is your preferred method.

Journaling

This space is left intentionally blank so you can doodle if that is your preferred method.

Journaling

This space is left intentionally blank so you can doodle if that is your preferred method.

Journaling

This space is left intentionally blank so you can doodle if that is your preferred method.

Journaling

This space is left intentionally blank so you can doodle if that is your preferred method.