

The Noticing Exercise

Received via word of mouth from a colleague up north, author unknown

This is a mindfulness exercise to raise self-awareness around things/personal interests in life that currently engage you in a positive way. It could be any event during the day that absorbs your attention and holds it. A fascinating conversation, a class that generates connection and inspiration, an article in the news you just have to finish. Pay attention to the calm love you feel selecting the right apple, delight in picking up a crayon or camera. Time has passed and you didn't even notice while you were.....

Capture these moments ideally by writing them down. If you want to take it a step further, consider the interests and values you have that are creating these wonderfully, satisfying moments and write them down as well.