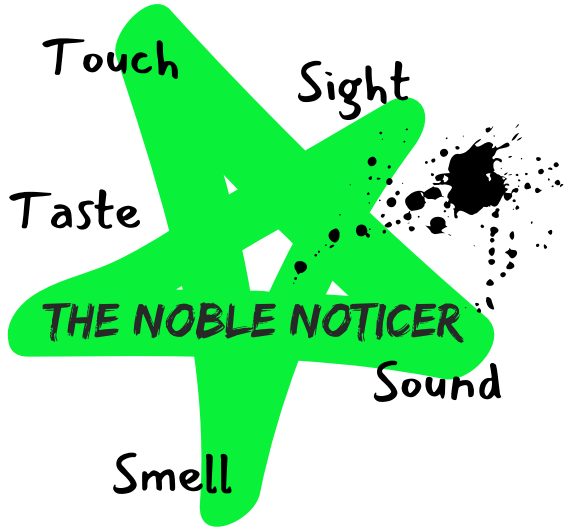




YOU 



**The Noble Noticer™ is a mindfulness practice to bring you into the present moment through your five senses:
Sound, Sight, Touch, Taste, and Smell**

Take a few slow, deep breaths and using your sensory awareness explore one at a time...

- What are three things I can hear? (for example: clock on the wall, car going by, music in the next room, my breath)
- What are three things I can see? (for example: this table, that sign, a person walking by)
- What are three things I can feel? (for example: the chair under me, the floor under my feet, my phone in my pocket)
- What are three things that I can smell? (for example: flowers in the room, the laundry detergent, the soap on my hands)
- What are three things I can taste? (for example: my coffee, a cracker, a piece of gum)

