What is the emotion you feel right now?	How did you come back?	Notice 4 birds.	Notice the texture of the grass	Notice the bottom of your feet.
Notice 3 different types of flowers.	Take three deep breaths	Notice the depth of your breath right now.	How has your mood shifted?	Notice where your mind is right now.
What just distracted you?	Notice 1 thing you taste	**FREE**	Notice 5 blue things you see	Notice 5 different trees.
Notice two things you smell	Notice one dog.	Notice the different textures of the path.	Notice 4 green things you see	Notice the breeze on your face
Notice 2 orange things you see	Notice three people out walking.	Notice 3 things you feel	Where are your thoughts right now?	Notice 3 yellow things you see

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What just distracted you?	Where are your thoughts right now?	How has your mood shifted?	Notice one dog.	Notice 3 different types of flowers.
Notice the texture of the grass	Notice 5 different trees.	Notice 4 birds.	Notice the breeze on your face	Notice 1 thing you taste
Notice 5 blue things you see	How did you come back?	**FREE**	Notice 4 green things you see	Notice the different textures of the path.
Notice 3 yellow things you see	What is the emotion you feel right now?	Notice 3 things you feel	Notice two things you smell	Notice 2 orange things you see
Notice the bottom of your feet.	Notice 4 things you hear	Notice where your mind is right now.	Notice the depth of your breath right now.	Take three deep breaths

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Notice two things you smell	Notice 4 green things you see	What just distracted you?	Notice 3 yellow things you see	Notice the texture of the grass
Notice three people out walking.	Notice where your mind is right now.	Where are your thoughts right now?	Notice one dog.	Notice 1 thing you taste
Notice the different textures of the path.	How has your mood shifted?	**FREE**	Notice 5 blue things you see	Notice 4 birds.
Notice 4 things you hear	Notice the bottom of your feet.	Notice 2 orange things you see	How did you come back?	What is the emotion you feel right now?
Take three deep breaths	Notice the depth of your breath right now.	Notice 5 different trees.	Notice the breeze on your face	Notice 3 things you feel

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