

# Mindfulness Activity

The goal is to focus on the present moment. To practice doing so, choose an activity during which your mind wanders consistently -- commuting, doing laundry, grocery shopping, going for a walk or anything else. The example used here is going for a walk. It's best to choose an activity you do regularly, so you can practice mindfulness each time.

<b>VISION</b>	As you leave your home, immediately notice the sky, landscape, street or road. Pay attention to the vegetation. Do you see colorful flowers or trees bare of leaves? Is a bird or plane flying or a cloud floating overhead?
<b>HEARING</b>	Can you hear grass rustling or leaves crunching under your feet? What does the engine of a passing vehicle sound like? Are birds chirping somewhere nearby?
<b>TOUCH</b>	If the sun is shining, how does it feel on your face? If there's a cool wind, does it ruffle your hair? With each step, feel your feet landing then pushing off from the ground. How does your clothing or coat feel as you touch it?
<b>TASTE</b>	You stop to pick up a beverage on your walk. Hold the drink in your mouth for a moment and savor the taste. Which parts of your tongue are activated?
<b>SMELL</b>	Can you smell the scent of flowers or mown grass or smoke from a woodstove? Does your coat smell musty from non-use or your shirt a bit sweaty because you've worn it all day? Which scents does the breeze bring to your nose?