

Use your FIVE (5) SENSES to be “FULLY PRESENT”

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Without realizing it, you can miss out on one of life's greatest gifts: that which is happening **TODAY** and in this VERY MOMENT!

If you do not believe me, go visit someone on their DEATH BED and ask them how important this concept is to embrace & practice on a daily basis and how they desire ONE MORE DAY to live “FULLY PRESENT”!

When going about your daily life, **SLOW DOWN** and ENJOY the SIMPLE things in life!

TOUCH

As you go about your daily activities, be mindful of the texture and feel of things.

TASTE

When you eat your meals, observe the different flavors you TASTE

SEE (SIGHT)

Slow down & observe the range of colors in your life. Look for color-texture!

SMELL

Try to observe the scent of other things, and no, not just the roses!

HEAR

Listen also to the background noise of your life - Can you hear children playing, birds, wild life, people singing, people talking, or people laughing?

At ANY given TIME of the DAY, learn to live your life “FULLY PRESENT”!