



Mindfulness Discovery Invitation

*"Almost everything will work again if you unplug it for a few minutes... including you."
— Anne Lamott*

Welcome to your moment of stillness.

This short exercise invites you to slow down, reconnect with your senses, and tune into the present moment. Choose one or more of the mindfulness activities below. Afterwards, take a few moments to reflect on your experience. You might like to use the Journal Prompts provided to guide you.

CHOOSE YOUR ACTIVITY

1. Mindful Nature Walk

Head to a local park, garden, or nature reserve. Take a walk or sit quietly. I invite you to set aside any distractions for 15 - 30 minutes. Gently bringing your attention to your senses: remembering that there is no right or wrong way to experience the senses here.

- What do you see? Perhaps the various colours and shapes, any movement?
- What can you hear? Perhaps the birds, wind, distant sounds, your breath?
- What do you smell? Perhaps an earthy smell, leaves, flowers?
- What can you feel? Perhaps feeling the texture of bark on a tree, the coolness of the breeze, the warmth of the sun on your skin, your contact with the ground?

2. Mindful Eating

Choose a small meal or snack you enjoy. I invite you to set aside any distractions and engage all your senses:

- What do you see in the food? Perhaps the colours and shapes?
- Take in the smell.
- Slowly chew each bite and notice what you can taste?
- What about the texture of the food? The temperature?
- Do any of these sensations change as you enjoy your meal?

3. Mindful Drinking

Make a cup of your favourite tea, coffee, or warm/cold drink.

- Observe the colour, the aromas, perhaps the steam if it's a warm drink.
- As you sip, notice the temperature and flavours.
- Can you feel the temperature of the drink spreading through your body as you drink?

JOURNAL PROMPTS

Take 5–10 minutes after your chosen activity to reflect:

1. Which activity did you choose, and how did it feel?
2. What sensations or thoughts stood out to you?
3. Did anything surprise you about slowing down?
4. What does slowing down mean to you?
5. What does self-care mean to you, personally?
6. How might you invite more of this into your daily life?

YOUR FREE SESSION

Once you've completed this reflection, you're invited to book your free 30-minute mindfulness session with me. We'll gently explore your experience together and talk about your mindfulness journey.

To book, email me at: **peter@mymindfuljourney.com.au**

Looking forward to connecting,
Peter – My Mindful Journey