

Five Things in the Room

Use your senses to come back to where you actually are right now.

WHEN TO USE THIS

Use this when your head is somewhere else and the room has gone far away.

Slow down and look around. Your senses bring you back to now faster than talking yourself into it.

Five things you can see right now.

1. _____
2. _____
3. _____
4. _____
5. _____

Three things you can hear, and one you can touch.

1. _____
2. _____
3. _____
4. _____

Where were you before you looked around? Where are you now?

The room was here the whole time. So were you.