



Mind the Gap Exercise

5-4-3-2-1

Create a gap in your day to do this simple exercise.

5 - See

Hold your attention on one thing you can *see* in your environment. When your attention wanders, find something else to look at, appreciate and enjoy. When your attention wanders, find something else to look at.

Repeat this process until you have held your attention on *five* different objects.

4 - Hear

Hold your attention on one thing you can *hear* in your environment. When your attention wanders, find something else to listen to, appreciate and enjoy. When your attention wanders, find something else to listen to.

Repeat this process until you have held your attention on *four* different sounds.

3 - Feel

Hold your attention on one thing you can *feel*. When your attention wanders, find something else you can feel, appreciate and enjoy. When your attention wanders, find something else to feel.

Repeat this process until you have held your attention on *three* different sounds.

2 - Smell

Hold your attention on one thing you can *smell*. When your attention wanders, find something else you can smell, appreciate and enjoy. When your attention wanders, find something else to smell.

Repeat this process until you have held your attention on *two* different smells.

1 - Taste

Hold your attention on one thing you can *taste*.

Ending

When your attention wanders the last time, you have finished the exercise. Notice how you feel now. Is the mind calmer, more still and settled? Do you feel more present? You may want to do another run through.

