**See if you can bring mindful awareness to a routine activity. For example, cleaning your teeth, having a shower, washing the dishes, waiting in a queue, driving or walking from the car to your destination. You could consider the raisin exercise and bring mindful awareness to eating, noting touch, smells, textures, and tastes. If you wish, you can record you experiences below.**

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| **Where were you and what were you doing?** | **What was your experience of the activity before you decided to experience it mindfully?** | **What did you think, feel, and what sensations did you notice when doing the activity mindfully?** | **What did you learn from this experience?** |
| **Example,**  *Cleaning teeth* | *I felt rushed, I wanted to move on. I was thinking about all the things I had to do that day.* | *I slowed down; I noticed the taste and the smell of the toothpaste. I enjoyed the sensation of a fresh mouth.* | *The tooth brushing experience became a very different experience when I paid attention to it.* |
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