

# MINDFULNESS EXERCISE

## VISUALIZE

Pick a place that makes your heart happy. Maybe you've been there once, or maybe you go pretty often. It could be a rose garden, the beach, a hike you've been on, or even your backyard. Spend a minimum of ten minutes trying to visualize everything you can about the beauty you remember. Picture the colors, how bright, faded, or soothing were they? What shapes can you recall? Smooth, jagged, angular, rounded, large, tiny? What about the textures? Shiny, sparkly, prickly? And the sounds? Silent, waves, birds, people? Imagine the light...how bright or dim is it? Is the lighting harsh, soft, dappled, tinted? Any other details you recall...relive all the details you can and sit with it. Don't rush this experience.