

Present Moment Awareness



What can I **notice** around me right now that I usually overlook?



What **sounds** can I **hear** at this exact moment?



What **physical sensations** can I feel in my body right now?



What **emotion** is present for me today?



What is one **small detail** about my surroundings that brings me **comfort**?



What does this moment feel like without trying to change it?



What **thoughts** keep appearing in my mind today?



If I **paused** for one minute, what would I notice?



What **colour**, **texture**, or **object** around me catches my attention?



What part of today deserves **more appreciation**?



What am I experiencing right now that I will probably forget later?



How does my **breathing** feel at this moment?



What does "**being present**" mean to me today?

What is one **ordinary moment** from today that felt surprisingly **meaningful**?

What would change if I gave this moment my **full attention**?

