

Daily Mindful Focus 10-Part Check In

- 10** Do 10 shoulder rolls
- 9** Name 9 things you can see
- 8** Think of 8 colours
- 7** Think of 7 people who make you happy
- 6** Think of 6 things you like
- 5** Take 5 deep breaths
- 4** Name 4 things you can hear
- 3** Name 3 things you can touch
- 2** Name 2 things you can smell
- 1** Notice 1 feeling you are experiencing

