



Sense~Abilities Playsheet!

Activate Your Senses!

TOUCH/FEEL

- Self massage your hand or foot
- Use a reflexology ring on your fingers
- Dry brush before your shower or bath
- Use a scalp massager on your head
- Use a back scratcher to gently scratch your back
- Rub your hands together then hold a few inches and feel the energy

SIGHT/SEE

- Go for a walk in nature and notice nature
- Pick an object and notice details
- Check out the stars at night
- Close your eyes and imagine your ideal day

HEART/EMOTIONS

- Notice how you feel throughout your day
- Notice what triggers an emotional shift
- When you "feel" an emotion, thank it, all emotions serve a purpose for you

SOUND/HEARING

- Go for a walk in nature and notice sounds you hear
- Put on some high frequency sounds on Youtube
- Close your eyes and listen for 1 minute and list all the sounds you hear
- Listen to your inner voice and notice what it says, write and discard any negatives

VOICE/SAY

- Create a decree/affirmation and say out loud in a power pose 3 times in silly voices
- Tell yourself a story of what your life will be like after reaching one of your goals
- Give compliments to every person you interact with today

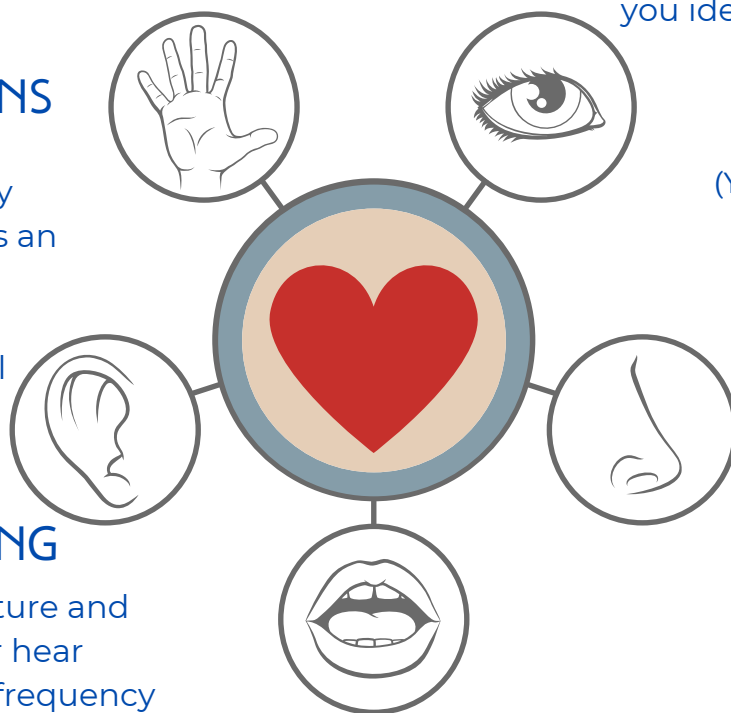
SMELL/AROMA

(YOUR SUPERPOWER SENSE)

- Breathe in *high quality essential oils
- Scrape the rind of a citrus fruit
- Use fresh or dried herbs
- Pine needle

Apply to hands, cup hands in front of nose & mouth and breathe in

*My Preferred brand is Young Living



ACTIVATE YOUR SENSES ~ CHOOSE AN ACTION LISTED
AND DO YOUR ACTION