



Mindful Appreciation

In this last exercise, all you have to do is notice 5 things in your day that usually go unappreciated.

These things can be objects or people; it's up to you. Use a notepad to check off 5 by the end of the day.

The point of this exercise is to simply give thanks and appreciate the seemingly insignificant things in life, the things that support our existence but rarely get a second thought amidst our desire for bigger and better things.

For example: electricity powers your kettle, the postman delivers your mail, your clothes provide you warmth, your nose lets you smell the flowers in the park, your ears let you hear the birds in the tree by the bus stop, but...

- Do you know how these things/processes came to exist, or how they really work?
- Have you ever properly acknowledged how these things benefit your life and the lives of others?

- Have you ever thought about what life might be like without these things?
 - Have you ever stopped to notice their finer, more intricate details?
- Have you ever sat down and thought about the relationships between these things and how together they play an interconnected role in the functioning of the earth?

Once you have identified your 5 things, make it your duty to find out everything you can about their creation and purpose to truly appreciate the way in which they support your life.