



ENJOY

- E** Experience everything fully with all your senses
What can I see, hear, smell? Bodily sensations
- N** Now in this moment and the next moment...
Using the sensations of breathing to anchor to the present moment
- J** Joyfully – bringing thoughts of gratitude and joy to mind
Asking what am I grateful for? What brings me joy?
- O** Observing & savouring these feelings in the body
Dropping into the body to get a felt sense of gratitude and joy
- Y** Your mind-body fully connected & fully present
Mindfully aware