



# WEEK 1 - THE WEEK OF NOTICING

## **INTENTACT**<sup>®</sup> Intentions to Actions Leadership

Noticing in a non-judgmental way is an essential part of practicing mindfulness. It is a conscious act of paying attention in the present moment to what is showing up in our minds.

The benefits of noticing builds our mental alertness to paying attention in the present moment. When we do this we benefit both in how we care for ourselves and in how we respond to others.

Noticing is a skill that can be cultivated but is one that needs to be put to practice on a regular basis. Our minds work very quickly in a very automatic way. In our world today the conditions are rarely aligned for our minds to be able to settle in the present moment making noticing even more challenging.

This week is centered around the act of simply noticing and taking in our senses in an intentional way. Each day follow the calendar prompts to center attention for several moments on the sense that is called out. If possible try to practice noticing and taking in each of the senses multiple times each day.

### **REFLECTIONS TO CONSIDER THROUGHOUT THE WEEK:**

1. What surprises if any that you found when focusing on one particular sense?

2. How challenging did you find making the time to be intentional with a practice with noticing?

3. What other ways can you play with noticing other moments in your day to day?