Calm Minds MINDFUL **NOTICING**

- Observe your experience. Can you label which parts are thoughts, emotions, behaviours or bodily sensations?
- 2. Remember, thoughts, emotions and sensation don't 'DO' anything. Only behaviours do.
- 3. Adopt a Curious Mind by remaining slightly objective to your experience and using observation.
- 4. Just Notice, don't judge as right or wrong.







