

**MINDFULNESS FOR WOMEN – APPENDIX TWO - SENSE AWARENESS INVENTORY**

<b>SIGHT</b>	<b>SOUND</b>	<b>SMELL</b>	<b>TASTE</b>	<b>TOUCH</b>
sunset	rain on the windows	lavender fields	the first cup of tea of the day	sun or wind on your naked skin
lambs gambolling in a field	your child playing the piano	bacon cooking	the first sip of wine in the evening!	a hot bath after a long day
a garden bursting into spring	wind in the trees	fresh coffee	smooth chocolate mousse	silk
rose petals	a favourite piece of music	newly cut grass	cold, sweet ice cream	a horse's muzzle
two people laughing with one another	your partner's voice	a posy of sweet peas	fresh iced water	holding a newborn
waves crashing onto the shore	the crunch of fallen leaves	bread baking	minty toothpaste	smooth bark of a eucalyptus tree
a galloping horse	a cat purring	a scented candle	salted caramel	sand and sea with bare feet
your favourite colour	an owl at night	log fire	freshly baked bread	clean cotton bed linen on your skin
your home after a long day	children's laughter carried on the breeze	your favourite perfume	your favourite cake	sitting in a jacuzzi
a roaring fire	silence!	your child's skin	chocolate	



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