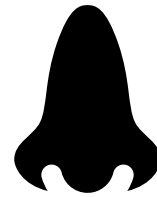


MINDFUL SENSES

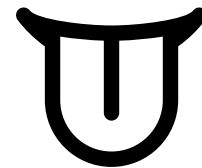
**Think about something I like
to look at.**



**Think about something that
smells good.**



**Think about something I like
to taste.**



**Think about something I like
to listen to.**



**Think about something that
feels good to touch.**

