

Captured Moment

Purpose: To reinforce rich complex neural networks of our choosing to shape our brain in the way we want

1. Write 3 words that describe how you are feeling right now at the top of the page.
2. Close your eyes and take 10 deep breaths or choose to do a short meditation if you'd like.
3. Choose a moment in your life that involves a sensory experience (sight, touch, smell, taste, sound). Think of a moment that you want to cherish or *capture* in your mind.
Examples – A moment of:
 - Joy
 - Gratitude
 - Calm/Peace
 - Feeling loved
 - Loving others
 - Inspiration
 - Beauty
 - Achievement
 - Pleasure
 - Stamina
 - Overcoming a challenge
 - A difficult experience
4. Start writing about that moment. Use language to describe what you saw, heard, smelled, tasted, and/or felt (emotionally, intuitively, and physical touch). This can be as short as a paragraph or two; set a timer if you like, especially if you're writing about something difficult. 5 – 7 minutes should be good. Be over the top, dramatic, and descriptive if you like!
5. Do a post-writing reflection. Pay particular attention to the second subset of prompts that ask you to notice how you are feeling.
6. Write 3 words that describe how you are feeling right now at the bottom or end of your writing.

*Tip – if writing about something positive, you can keep a journal dedicated to these that you can flip through like an album of the great moments in your life. This also works as a great way to keep a travel journal.