

**Curious to
notice more?**

1

Enjoy the noticing.

8

Noticing sparks learning moments.
<https://learning-moments.net/>



**Take a breath to
restore your energy.**

6

**Move on with
clarity.**

7

Take a pause.

2

**Get comfortable where
you are—whether you're
at your desk, in a café,
on a train, or walking
down the street.**

**Open your senses and
pay attention to
everything around you.**

3

**What do you see?
What do you hear?**

Slow down, right now.

**Observe your
thoughts as they
pass by—no need to
judge them, just
notice.**

4

**Check in with
yourself. How do
you feel right now?**

5