



**ONLINE TOOLKIT**

Step 2 - Adjust Your Sail

Remember in school when you went on a field trip and how excited you were to discover a new place? Well, even if you didn't have that experience, you get to now. Here is your opportunity to take one day for yourself and simply explore and observe. This exercise is all about AWARENESS.

<b>WHERE DID YOU GO?</b>
<b>WHAT DID YOU SEE?</b>
<b>WHAT DID YOU SMELL?</b>
<b>WHAT DID YOU TASTE?</b>

**WHAT DID YOU TOUCH?**

**WHAT DID YOU HEAR?**

**HOW DID YOU FEEL?**

**WRITE DOWN ANYTHING ELSE YOU'D LIKE TO SHARE ABOUT THE EXPERIENCE.**