

Seeing new things;

We all get accustomed to our paths. This practice asks you to see with new eyes. Select a drive (or better yet, a walk) that you take routinely. Determine to walk or drive this route regularly (every day? every week?) and find something that you've not seen there before. You could just walk up and down the block you live on. Or, walk around your back yard. You could drive to the grocery store and notice something new.

A variation on this practice is to choose a color – say yellow. Go for a walk and see how many yellow things you can spot. Photograph them. Repeat each week – with the same color or a new color each week.

This practice causes us to SEE, to LOOK not to just pass by. Write a short entry in your journal each time you do this.