



Reflection Sheet

To use with the Five Senses Bonus Video Experiments. Fill out one reflection sheet per experiment.

SENSE

The sense that you'll be considering today:

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DATE

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Did reflecting on this sense give you ideas for ways to improve your daily experience, whether by adding more pleasant sensations, or eliminating unpleasant ones?

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Did reflecting on this sense evoke any memories for you?

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Write down three experiences you'd be excited to try to explore this sense further.

1
2
3

During this experiment, what responses did you notice in yourself? Emotionally, physically, or in your energy level?

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Today, record a notable example of something you've ...

Seen
Heard
Smelled
Tasted
Touched

To learn more about *Life in Five Senses*, visit gretchenrubin.com/books/life-in-five-senses

