



# Hone Your Inner Compass

## 5 DAY CHALLENGE

### Day 1 - Protect Your Senses

1. What are you noticing in your environment?

Seeing-

Hearing-

Smelling-

Tasting-

Feeling-

**LISTEN + KNOW**  
**What YOUR Body**  
**Wants!**

2. List the positive things you are sensing (flowers, good food, beauty, things that inspire and/or nourish).

3. List the negative things you are sensing (constant tv, electronic buzzing, unnatural lights, artificial smells, tastes, sounds, etc.).

4. How are you going to protect your senses?