

# Instructions & Tips for Individuals



# Step 1

Select One of the Five Senses



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Experience the World Through the Chosen Sense  
Until You Notice Something Unusual or Surprising



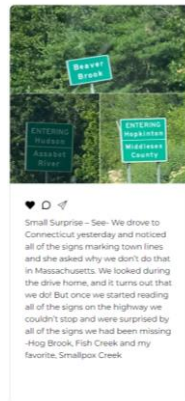
# Step 2

## Document the Experience



# Step 3

## Post on Social Media



You can post to your personal social media pages or you can post to the [Public Small Surprises Group found here.](#)

## Benefits

- Reduce Repetitive Self-Critical Thought Patterns and Resulting Anxiety
- Increase Focus
- Enjoy Pleasurable Moments During Ordinary Experiences
- Create Connection with Others

## Frequently Asked Questions

### **How often should I practice the Small Surprises Mindfulness Activity?**

You can practice on your own schedule. Some people pick a different day of the week for being aware of a different sense. Others, choose a different sense each week. Keep in mind that the more often you practice the Small Surprises Mindfulness Activity, the quicker it will become a habit and sooner you will reduce self critical thoughts and reduce anxiety.

## Frequently Asked Questions

### **How Much Time Does It Take Each Week?**

In the beginning, participants typically spend between 1-2 hours a week observing and documenting Small Surprises. Most of the observation time was previously consumed by repetitive thoughts or while experiencing passive activities so it doesn't take away from other important activities. Ideal times to observe Small Surprises are: waiting on the check out lines at the supermarket, riding in the bus or train, waiting in your car at a stop light, walking, eating, sitting.



## Frequently Asked Questions

### **What are some examples of Small Surprises?**

Previous posts of small surprises [can be found here](#)

### **Where should I post Small Surprises?**

Most participants post on their social media accounts. Also, you can post to the Small Surprises Mindfulness Activity Group here.

Sharing Small surprises allows you to get positive feedback, connect with others and spread the joy of small surprises.