



# WARRIOR GODDESS

## WILD Challenge

### Day 5

### *Turn up the volume on your pleasure*

Today pay attention and play with your senses. How can you bring more pleasure into each moment by exploring and enhancing your sight, hearing, taste, touch, and smell?

Pick one or more things from this sensory list below and deepen your pleasure. Add your own! Slow down to enjoy everyday pleasures more thoroughly.

#### **Sight**

- Gaze at an object or face or pet that you love.
- Play with your focus... take in the details of an object close to you, then widen your vision to take in the interplay of objects / sights further away.
- What is your favorite color? Have fun discovering something that vibrates that saturated yumminess and eat it up with your eyes.
- Visit your favorite landscape, in real time or in your imagination. Notice the textures, hues, shapes, colors.

#### **Sound**

- Wake up early and go outside to commune with the sound of birds starting their day.
- Record words of encouragement for yourself and play them back.
- Make a great playlist of classical music, nature sounds, mixed with and some of your favorite songs.
- Go sit by a river or listen to wind through the trees bringing your thoughts back to the present moment over and over.



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#### **Taste**

- Make yourself your favorite meal, then eat it blindfolded, chewing slowly.
- Hold chocolate or berries in your mouth, letting them melt.
- Arrange a plate with four tastes: sweet, salty, bitter, savory. Explore combinations.
- Add a drop of essential orange or lemon oil to your water bottle or glass. Slow down and really taste water.

#### **Touch**

- Gently stroke the inside of your arm, noticing what type of pressure feels good.
- Slow down when you wash your hands and enjoy the feeling of soap and water.
- Rub oil or lotion into your feet and give yourself a foot rub o' love.
- Lie down in the grass or soil and let yourself be held by the mother.



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#### Smell

- Go into a bakery early morning, or bake your own bread just for the smell
- Try connecting to certain foods through smell alone. I often ask to smell someone's wine or sniff things like chocolate cake when I'm not eating these things but want to savor them.
- Get an essential oil and put a few drops in your hand. Rub your hands together then cup them over your nose and breath in deeply (be careful with oils like eucalyptus or peppermint, breath in slowly first!) Then close your eyes and let the smell linger.
- Use your imagination to recapture your favorite smells from childhood.

#### Action Step:

Choose from the list then go for a walk and post a selfie with what you notice using your new tools with the hashtag #WarriorGoddessWild