








# Take a Break from Thinking

You can “get out of your head” by focusing on the senses. See the instructions below the table.

Favorite:	My senses	
	I like to <b>look</b> at... 	1. 2. 3.
	I like to <b>listen</b> to... 	1. 2. 3.
	I like to <b>touch</b> ... 	1. 2. 3.
	I like to <b>smell</b> ... 	1. 2. 3.
	I like to <b>taste</b> ... 	1. 2. 3.

Instructions for making your personal procrastination list:

1. Think about how you react when you are using your senses. Which one do you get most “carried away with”? In the column called “Favorite” mark the box next to that one.
2. For each sense, write up to three (3) things that you like. Making it specific is better.
3. For each sense, circle the thing that would be the easiest for you to get.
4. For the easiest thing in your favorite sense, make it a double or triple circle. This is your priority number one.
5. Extra Credit: Share your list with one or two people you trust who might be able to help you get distracted.