

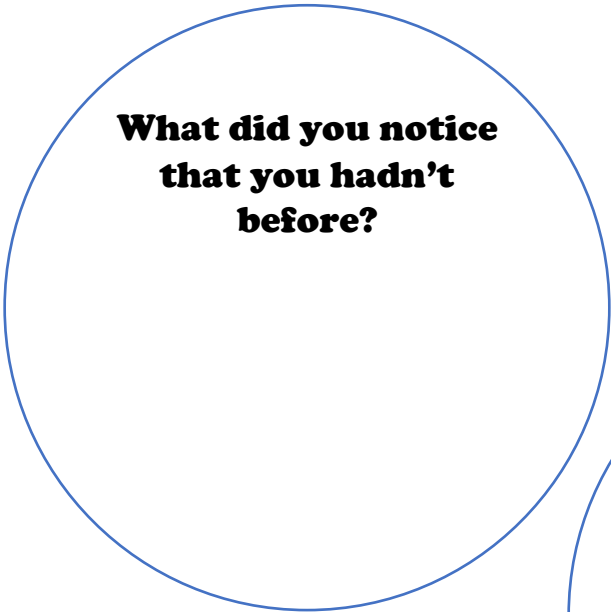
# A mindful commute

Starting the day mindfully can help shape the rest of the day. Increasing our awareness of what is taking place in the here and now can result in us making choices and behaving in ways that better meet our needs, interests and values<sup>1</sup>.

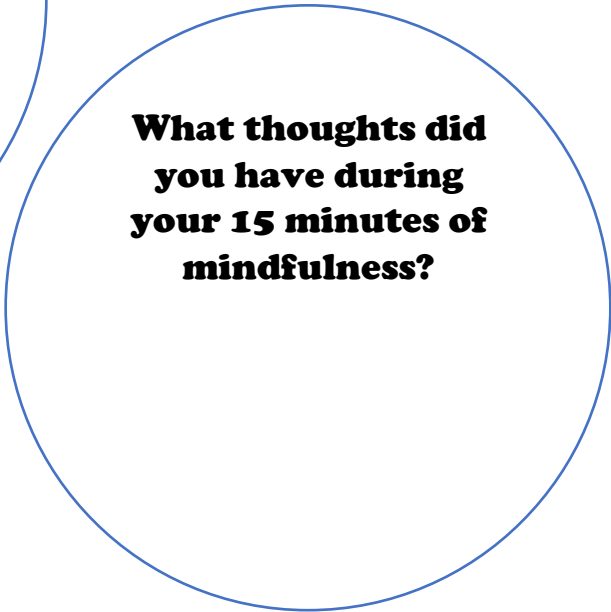
The positive effects of mindfulness can be enhanced if we practice it at the same time every day. Why not use your daily commute to take notice of what is going on around you and acknowledge what you think, see, hear, smell, taste and touch?

Whether you're going to work, university, college, school or even an appointment, take 15 minutes during your journey to focus on the here and now. Put your phone down, switch your music off and connect with what is going on around you.

After your 15 minutes of mindfulness, answer the questions below. Feel free to write outside the circles if you need more space.



**What did you notice  
that you hadn't  
before?**



**What thoughts did  
you have during  
your 15 minutes of  
mindfulness?**

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<sup>1</sup> Ryan & Deci (2000)

**What sounds did  
you become aware  
of?**

**List all the different  
textures you could  
feel and see**

**What smells or  
tastes did you  
experience?**

**How did you feel  
when you arrived at  
your destination?**