



*Soak in
Joy*

ROSE Activity

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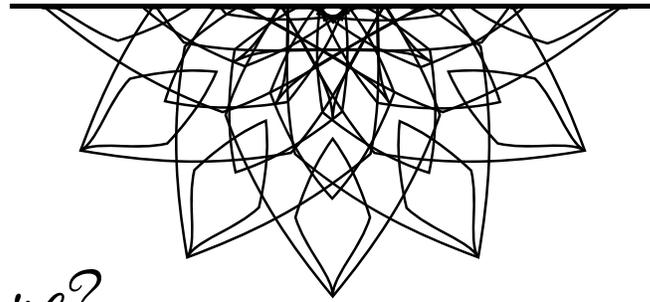
ROSE Activity

Use this activity when you notice that you are in a wonderful moment and you want to take time to appreciate it. This is a mindfulness active that will help you keep your attention on the best moments in your life.

- R: Recognize the moment when you feel excitement, happiness, joy, satisfaction, contentment, or any other positive feeling.
- O: Observe everything about it. Where are you? What are the colors around you? What is the situation and why is it bringing you happiness.
- S: Soak it in. Allow the feelings to wash over you. Soak in all the sights, sounds, feelings, and feel it in your body from head to toe.
- E: Engrave that moment into your mind purposefully. Make a memory, a good and full memory that you can hold onto. Feel yourself engraving this moment into your heart and mind.

Carry this feeling with you for as long as you can. You are cultivating a feeling, like cultivating a garden. Be present.





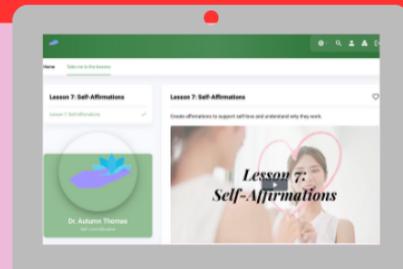
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