



The Art of Noticing

DISCOVERING THE EXTRAORDINARY HIDDEN WITHIN ORDINARY DAYS

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Welcome to The Art of Noticing

This worksheet is your gentle companion for slowing down, paying attention, and discovering the beauty that often goes unseen. In a world that rushes by, taking a moment to notice the small details, sounds, and experiences can profoundly enrich our lives. Use these pages to capture the moments, details, sounds, and experiences that make life meaningful.

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Things I Noticed Today:

- Something beautiful I saw: _____
- A detail I almost overlooked: _____
- Something that made me pause: _____
- A simple pleasure from today: _____

Sounds I Heard:

- Sounds I almost missed today: _____
- A sound that changed the feeling of a moment: _____
- Something I heard that made me pause: _____
- A sound worth remembering: _____

Small Moments Worth Remembering:

- A meaningful conversation: _____
- Something that made me smile: _____
- A quiet moment of gratitude: _____
- A moment that felt like enough: _____

Unexpected Beauty:

- Something ordinary that felt extraordinary: _____
- A place that looked different when I slowed down: _____
- Something that quietly earned my attention: _____

Something I Almost Missed:

- What nearly escaped my attention today? _____
- Why was it meaningful? _____
- How did noticing it change the moment? _____

Closing Reflection

"What we're looking for isn't always hidden. Sometimes it's simply overlooked. The extraordinary is often found in the moments we slow down long enough to notice."

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