

This moment, in my own words

Write from Your Senses | Time together

Write one thing you can see or hear in this moment.

Use these prompts for your own preparation. Leave out identifying details you do not need.

I can see... (optional)

I can hear... (optional)

I can feel... (optional)

I can smell... (optional)

I can taste... (optional)

One small next action

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.