

IDEASheet Living

HOW do you define FINE LIVING??

Living is done through experiences. In this rich physical world we live in, we experience through our senses. Taste, touch, smell, hearing, and sight. We all know familiar smells, these usually bring us back to a past memory or a family gathering or recipe. Familiar sights in photographs or movies bring a feeling to our heart of longing for that place. The taste of good foods, fine wines, or something not often experienced bring a quickness to our heart as we anticipate an experience being repeated. Listening to a baby laugh or a favorite song, causes a smile so deep we think we will live forever. The touch of a loved one, that reassuring hand when needed most, or reaching out to hug an old friend all great sensual pleasures.

All the senses bring us the feelings of fine living. We all can experience the best of living through our senses. Know what we like and which sensations please us is easy. Grabbing those moments and relishing them, sometimes is forgotten.

How do you define your FINE LIVING?

1. I enjoy the taste of_____.
2. I enjoy the smell of_____.



3. I enjoy the feel of _____.

4. I enjoy the sight of _____.

5. I enjoy the sound of _____.



Now that I think of it, it's been a long time since I had the experience of:

Tasting_____

Smelling_____

Feeling_____

Seeing_____

Hearing_____



ACTION ITEMS:

1. I will make a plan to- Taste/ smell/ feel/ see/ hear:
(choose one for each action item):

a. _____ date _____

b. _____ date _____

c. _____ date _____

d. _____ date _____

e. _____ date _____

I am most looking forward to _____

DONE! I am taking action!!

_____ signed by ME!