**SENSORY JOURNAL**

Write a journal entry about a moment in time. It could be a real moment from memory, or it could be a hoped-for moment in the future. Or it could be completely created moment not from your own voice.

Make sure to start off with the basics

Who

What

When

Where

Why

Then delve deeper and think about any other sensory elements:

What could you see, here, smell, taste, weather and the big one – some emotional reaction? What makes this moment significant or important?