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Something Caught My Attention

A gentle reflection on a moment that stayed with you



Healing by Bridget®

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Something Caught My Attention

Pairs with "The Language of Signs"

Free chapter from Signs, Symbols & Synchronicities

Think of a moment that stayed with you. It might have been a familiar song, a phrase you heard in passing, or something you saw on a walk. Choose one moment and write a few words about what you remember.

1. What caught my attention?

2. What was happening in my life or on my mind at the time?

3. What did I feel or think before I tried to make sense of it?

You can write down what you noticed and leave the meaning open.