

Choose one day next week and be silent. Speak only when necessary. Avoid chatting and gossiping. Turn off the radio, iPod and TV. Observe the people around you. Listen to what people are saying, even when they are just chatting or gossiping. Listen to the sound of your car. Listen to the birds sing. Listen to the music others choose to play. Keep a record of how this makes you feel, your thoughts, and experiences while doing this exercise.

