

SENSORY INVENTORY

RETURN TO YOUR SENSES & RETURN TO YOURSELF

What is your most dominant sense? (after completing the inventory, you'll know by which one brings you the most pleasure.

SIGHT

What are the dominant colors and shapes in your home?

SOUND

What sounds are most pleasing to you?

TOUCH

What textures or fabrics are most pleasurable against your skin?

TASTE

What are your favorite, most pleasurable flavors?

SMELL

What are your top 5 favorite scents & how do they make you feel?