

Browsing



Randomisation is the key to this exercise. Whichever way you like to live your life, however you like to shop, you can easily do this exercise as part of your day-to-day life.

As always with Short Steps let's keep this simple. As we are looking for goals only at this stage, all you need to do is shop.

1. Walk around the shops/browse your favourite shopping websites **totally randomly**. You mustn't be "in the market" for anything. Take time out to **mindlessly shop!**
2. Do this for a while and once you feel like you're just following anything that peaks your interest, start to pay attention and note down (mentally, on paper, on your phone, wherever!) three things:
 - a. Where are your feet/is your mouse hand taking you?
 - b. What colours stand out most to you?
 - c. What theme, if any, is there in your choices?
3. This is a simple and pretty fun exercise to try because it allows you to switch off and connect with what your subconscious "likes" and is "on the look out for" and you often find yourself looking at things and considering things you might not have paid attention to before.

