Cats Paw Tap

Sit comfortably and take a deep breath. Hold your hands up in front of you, facing each other, with your fingers touching your thumbs. Find a position in the wall in front of you to gaze at. As you continue to gaze ahead, begin to tap each finger onto your thumb. Silently count each tap of your finger. If your mind starts to wander, and thoughts pop into your head, just bring your attention back to the tapping and counting.