**10 MINUTES TO FIND JOY IN THE MOMENT**

Date:

This moment right now . . .

<table>
<thead>
<tr>
<th>Time:</th>
<th>Place:</th>
<th>Most recent activity:</th>
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Three things you might not have noticed if you weren’t paying attention:

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One reason to smile about the things you’ve just noticed:

One source of joy you’ve discovered or rediscovered in this moment:

One thought to take with you into the next moment:
10 MINUTES TO FIND JOY IN THE MOMENT

[Blank] Date:

This moment right now . . .

Time:  
Place:  

Most recent activity:

[Blank]

Three things you might not have noticed if you weren’t paying attention:

[Blank]

[Blank]
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Three things you might not have noticed if you weren’t paying attention:

[Blank lines for three additional observations]
One reason to smile about the things you’ve just noticed:


One source of joy you’ve discovered or rediscovered in this moment:


One thought to take with you into the next moment:


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