10 MINUTES TO FIND JOY IN THE MOMENT

Date:

This moment right now . . .

Time:            Place:            Most recent activity:

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

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:

www.christiezimmer.com

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