## 10 MINUTES TO FIND JOY IN THE MOMENT

Time:	Place:	Most resent activity
		Most recent activity:
Three things you might not	have noticed if you	weren't paying attention
One reason to smil	e about the things y	you've just noticed:
One source of joy you've	discovered or redi	iscovered in this moment:

© 2018 Christie Zimmer www.christiezimmer.com

One thought to take with you into the next moment: