## 10 MINUTES TO FIND JOY IN THE MOMENT

Time:	Place:	Most recent activity
Three things you might	not have noticed if yo	u weren't paying attention
One reason to	smile about the things	you've just noticed:
		, , , , , , , , , , , , , , , , , , , ,
One source of joy you	u've discovered or red	liscovered in this moment:
1 7 7 2		

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One thought to take with you into the next moment: