

Magnifying Moments

- ~ **See the good**...bedside tea refills without asking
- ~ **Feel the happy**...a 1.5 kg, 10 week old Shih Tzu pup/new family member
- ~ **Brighten your mind**...3 pups survived the Titanic sinking
- ~ **Find the moment**...a downward dog yoga pose in the sunshine

See the good (small things to be grateful for)

Feel the happy (small things to be happy about)

Brighten your mind (small things to be fascinated by)

Find the moment (small things to plan to see/do/feel)