

# 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)*