

Magnifying Moments

- ~ **See the good**...a blanket placed over you when you have fallen asleep in a random spot from exhaustion
- ~ **Feel the happy**...muddy paws of a blissed out puppy
- ~ **Brighten your mind**...the tiny grain tries to protect itself by being hard to digest – hence all humans have a certain degree of problem when consuming grains
- ~ **Find the moment**...cuddling my new little nephew

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)