

# 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)*