

10 minutes to FIND JOY IN THE MOMENT

DATE: _____

This moment right now...

TIME:

PLACE:

MOST RECENT ACTIVITY:

THREE THINGS YOU MIGHT NOT
HAVE NOTICED IF YOU WEREN'T
PAYING ATTENTION:

1

2

3

ONE REASON TO SMILE ABOUT THE THINGS YOU'RE JUST NOTICED:

ONE SOURCE OF JOY YOU'VE DISCOVERED OR
REDISCOVERED IN THIS MOMENT:

ONE THOUGHT TO TAKE WITH YOU INTO THE NEXT MOMENT:
