$\equiv$  Date:

#### This moment right now ....

Time:	Place:	Most recent activity:

Three things you might not have noticed if you weren't paying attention:







One reason to smile about the things you've just noticed:

One source of joy you've discovered or rediscovered in this moment:

One thought to take with you into the next moment:

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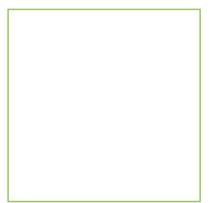
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