

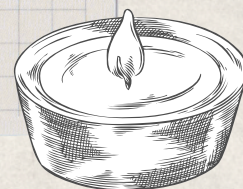
LOOKING FOR LIGHT

Turning towards gratitude helps us see the light. Practice by thinking of moments that tend to go unnoticed.



SOMETHING
BEAUTIFUL:

SOMETHING KIND:



SOMETHING
ORDINARY:

SOMETHING
HOPEFUL:

