attention + chronicling

#### noticing

reading; listening; watching

## learning

wishes; dreams; grounding thoughts

### guided by

acknowledging goodness; tastes; celebrating

#### appreciating

making and crafting; open and curious about

#### creating

breathing; stretching; strengthening

#### movement

attention + chronicling

## noticing

reading; listening; watching

# learning

wishes; dreams; grounding thoughts

## guided by

acknowledging goodness; tastes; celebrating

### appreciating

making and crafting; open and curious about

## creating

breathing; stretching; strengthening

#### movement