

	Your favourite moments?
You can always find the dark, you can also always find the light. It simply depends on where we look	
What thoughts do you have?	What have you learned?

We always look for the next big thing, often it is the smallest things that can bring the most joy.		
What thoughts do you have?	What have you learned?	

Your favourite moments?

Today or tomorrow morning, maybe go and see the sun rise, it could be the best start to the day.	
What thoughts do you have?	What have you learned?

Your favourite moments?

	Your favourite moments?
Sometimes we can	
feel a little lost,	
but that is often	
the time that we	
find something new.	
What thoughts do you have?	What have you learned?
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Look back to page 1, you might remember something really special.	Your favourite moments?
What thoughts do you have?	What have you learned?