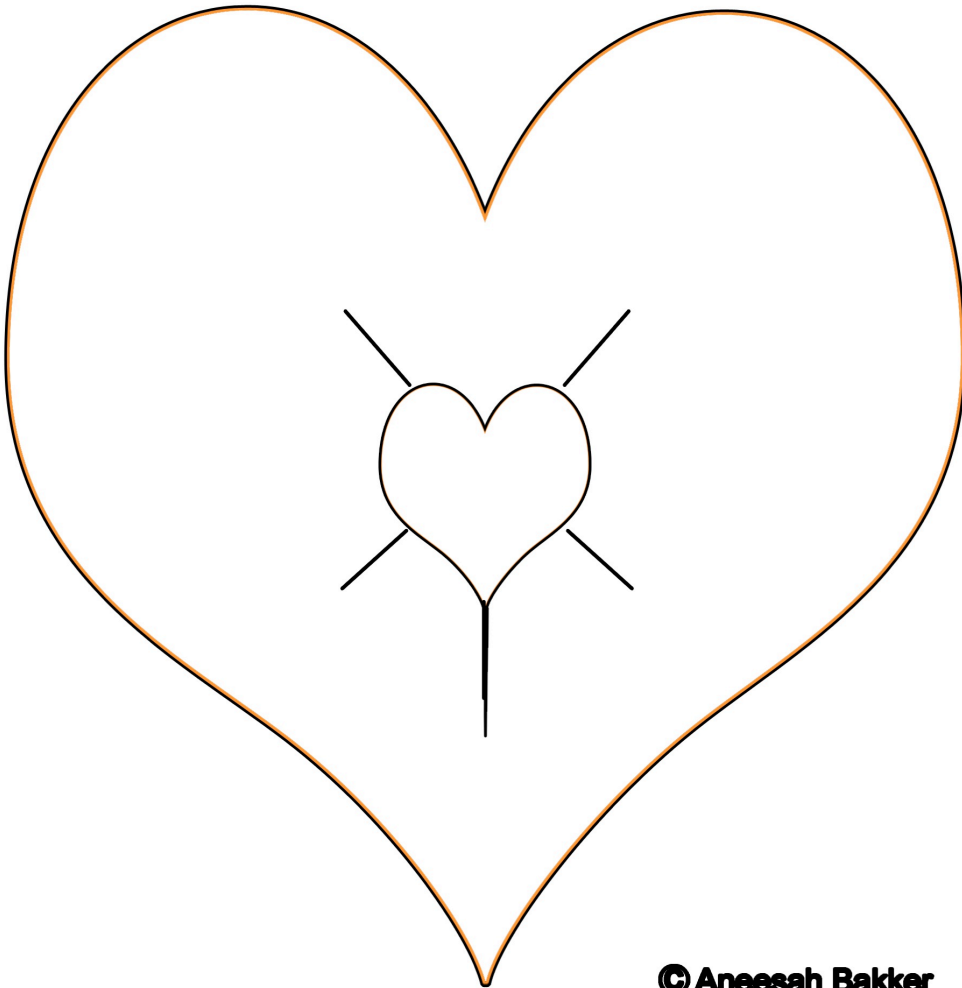


QUOTES & NOTES & THE HEART'S CHART

Everything is a present.

Make a heart map of the 5 things you are grateful for.

The Thankful Way because creative change begins in the heart.



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EXPLORE, PLAY, APPRECIATE