

# Magnifying Moments

- ~ **See the good**...the generosity of family
  - ~ **Feel the happy**...decaffeinated black tea that tastes like black tea
  - ~ **Brighten your mind**...cacao nibs can prevent blood clots
  - ~ **Find the moment**...burying cold toes into warm sand
- See the good (small things to be grateful for)*  
*Feel the happy (small things to be happy about)*  
*Brighten your mind (small things to be fascinated by)*  
*Find the moment (small things to plan to see/do/feel)*