

**YES**

**Quote**

Learn to say 'no' to the good so you can say 'yes' to the best. John C. Maxwell

<http://www.brainyquote.com/quotes/quotes/j/johnmaxw383175.html#9ZczpwsRylfadld.99>

**Bible Verse**

May the favor of the Lord our God rest on us; establish the work of our hands for us - yes, establish the work of our hands. Psalm 90:17

**Inspiration**

Be happy

<http://www.youtube.com/watch?v=gXI80TqAMQQ>

**Journaling**

What have you said YES to? How did that work out?

What would you like to be able to say YES to in the future?

**Technique Challenge**

Print a photo on book paper or a paper towel

This video shows printing onto paper towel but you could put a page from an old book instead. And if you don't have spray glue try using a cheap glue stick.

<http://www.youtube.com/watch?v=BF1zIweCBPI>

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