

Day 2 Today

Starting Point:

In the stressful world we live in, where time seems to fly by at an extraordinary rate, how can you make more of the moment? How can you become more mindful of the things that are important in your life? Which 3 things are you thankful for today?

Quote:

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful. Buddha

Bible verse:

This is the day that the Lord has made; let us rejoice and be glad in it. Psalm 118:24

Inspiration:

Today video: <http://www.youtube.com/watch?v=nj2ofrX7jAk>

Technique Challenge:

Use circles or squares on your page

An example here by Roben-Marie

<http://www.robenmarie.com/blog/2011/7/8/watch-the-process-video.html>

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