

# BOOST YOUR JOY

*FILL IN THE BLANK*

1. "What makes me happy?"

*DON'T  
OVERTHINK IT.*

2. "What qualities would I like  
to cultivate today?"

Take a  
**FEW MOMENTS**  
after waking  
up to decide on  
an *intention* for  
your day. **COMMIT**  
yourself to doing  
your best to stick  
to that plan for  
the day.



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**friday** inspiration  
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