Today	Het	g٥	of e	expectations	and	this is	what I	noticed:
Touay	IICL	gu	OI C	Expectations	anu	tilio io	wilati	Hotticeu.

Today I practiced loving kindness with a family member, this is what I observed:

Today I was grateful for these things:

Today these are the moments I stayed present. This is what I noticed:

