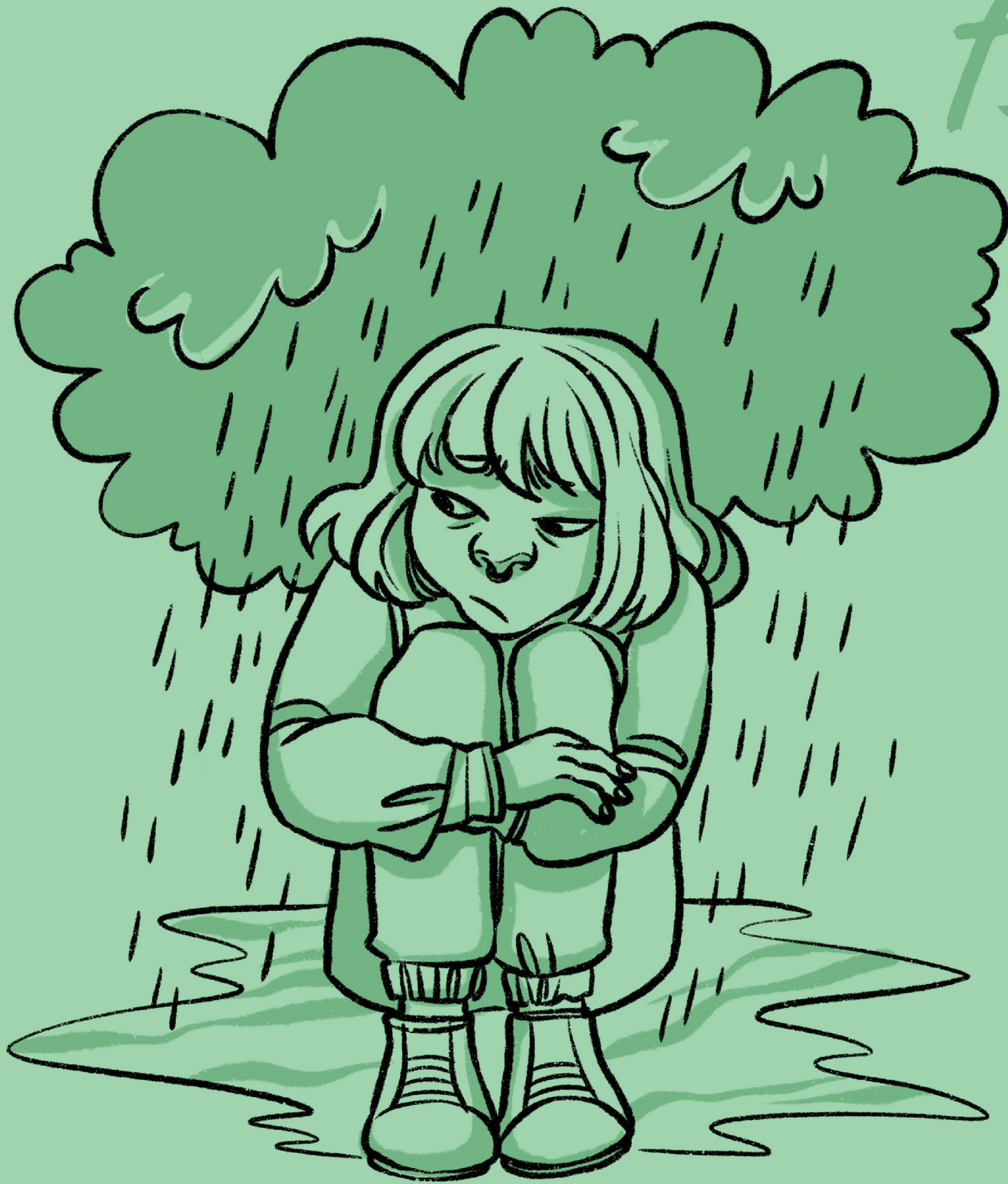


flow



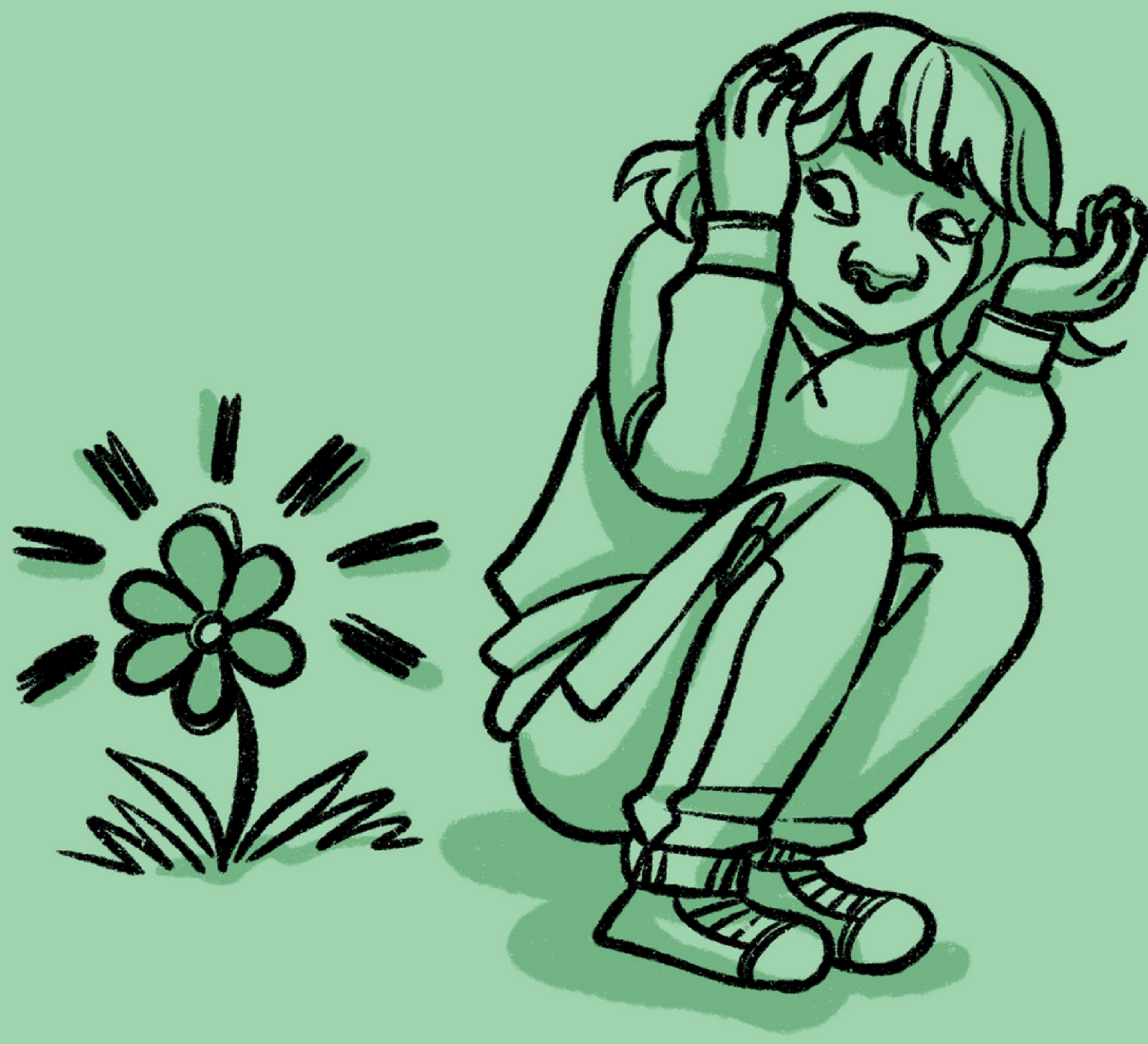
Sometimes in life, when it rains
it pours.

The bad stuff
seems to keep
piling on,
weighing you
down so that
everything feels

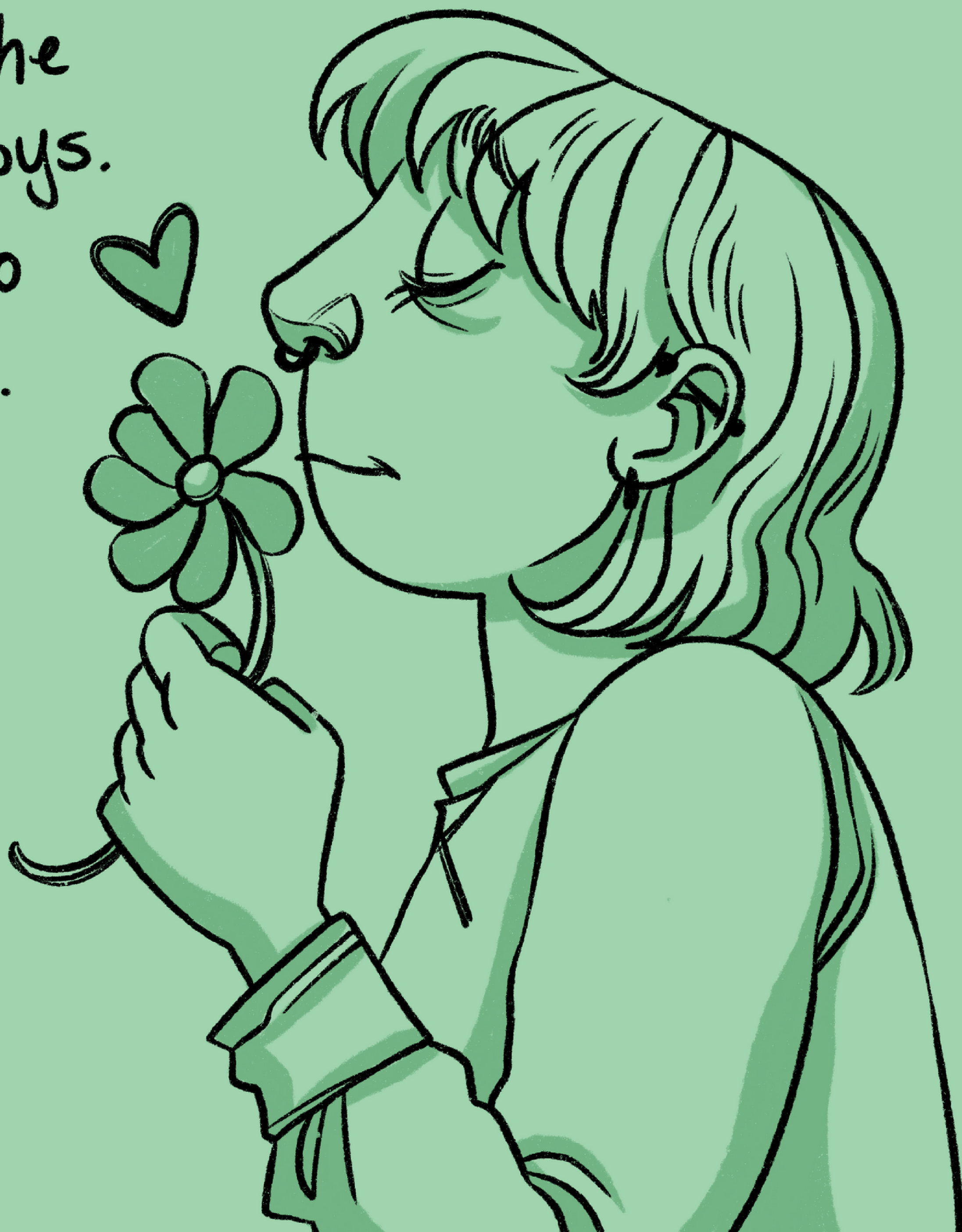
so



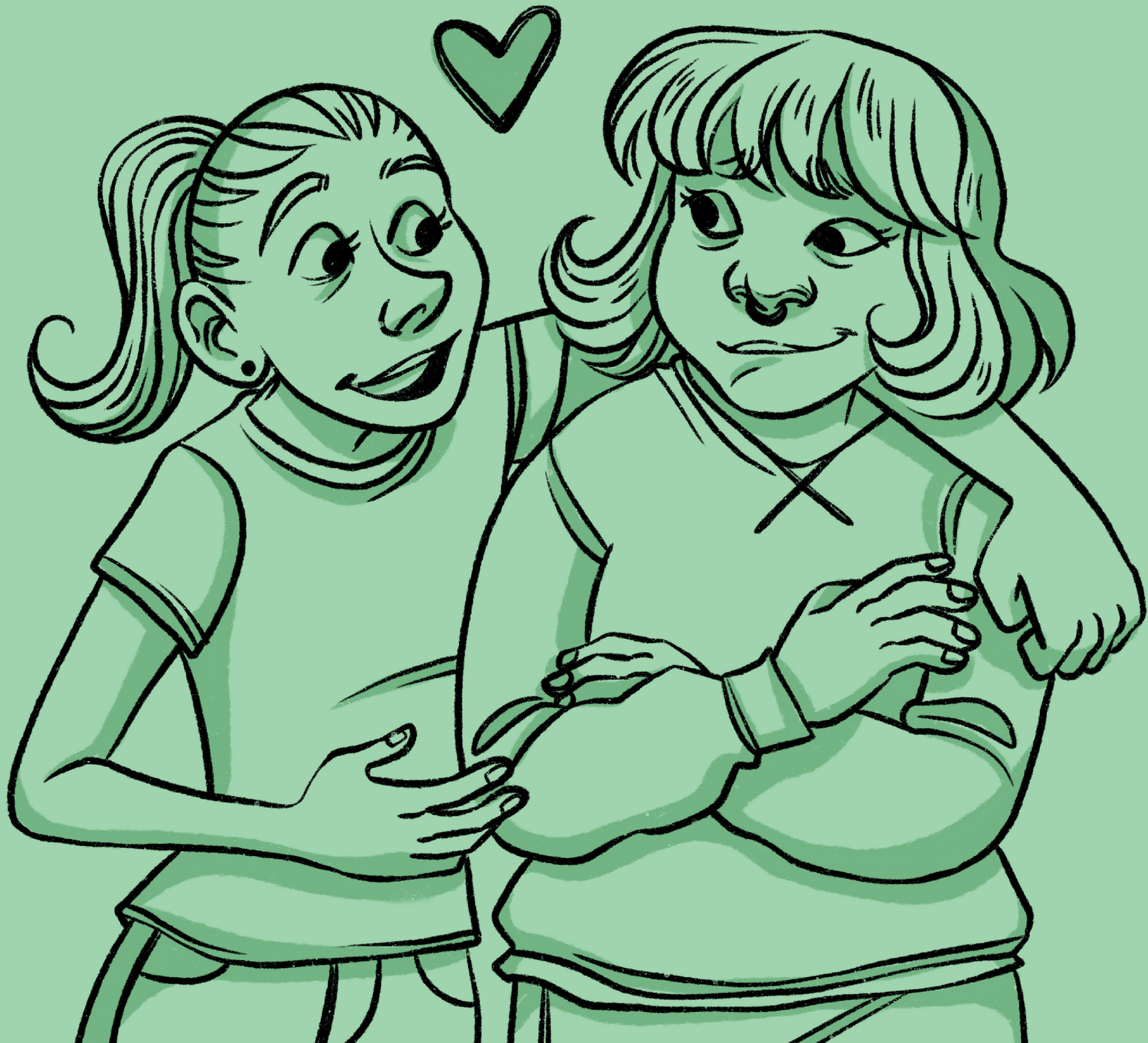
In those seasons, finding goodness can be tough.
That's what makes it all the more important to keep looking.

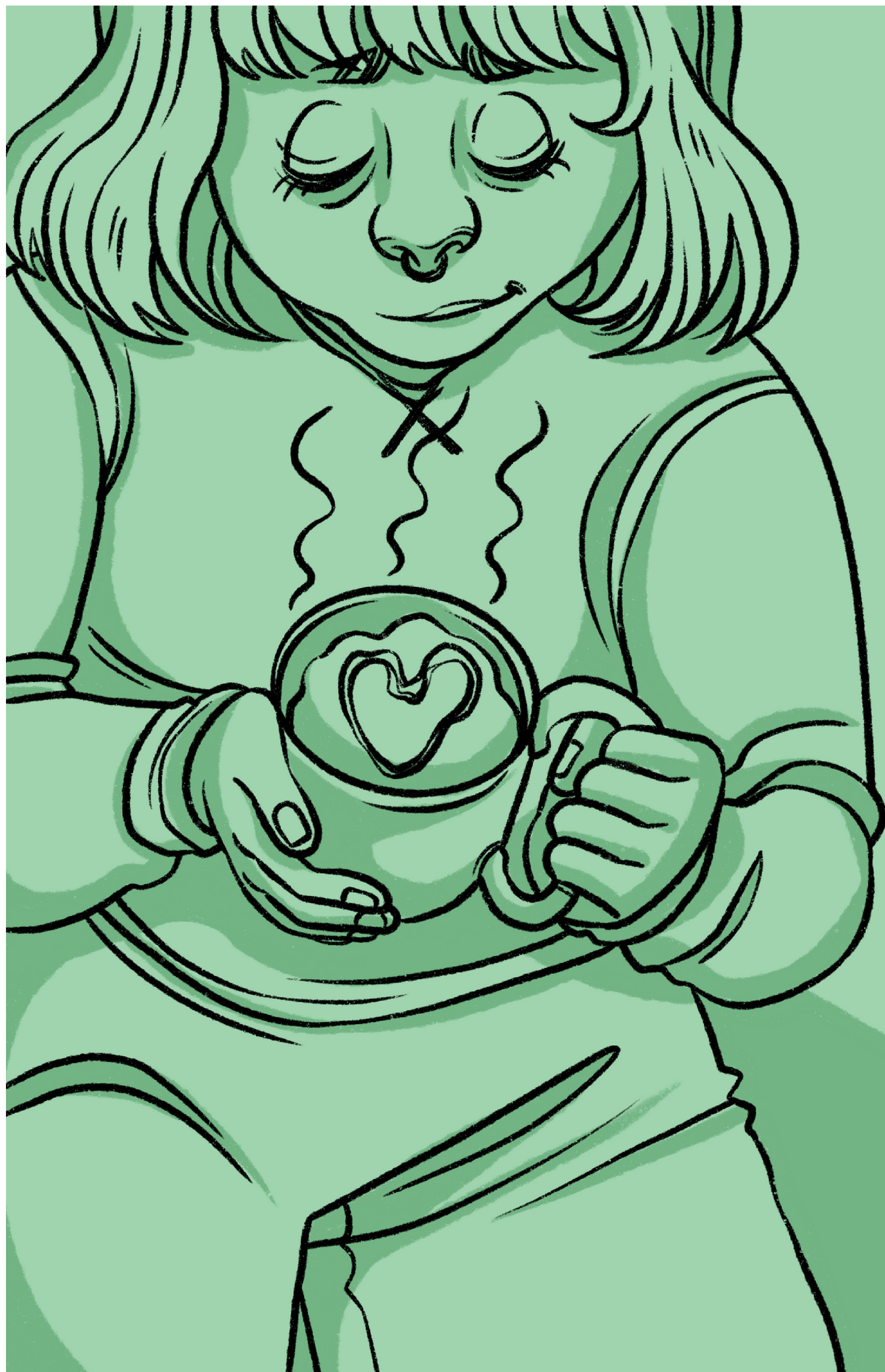


Find the
little joys.
Cling to
them.



A kind word from a friend.

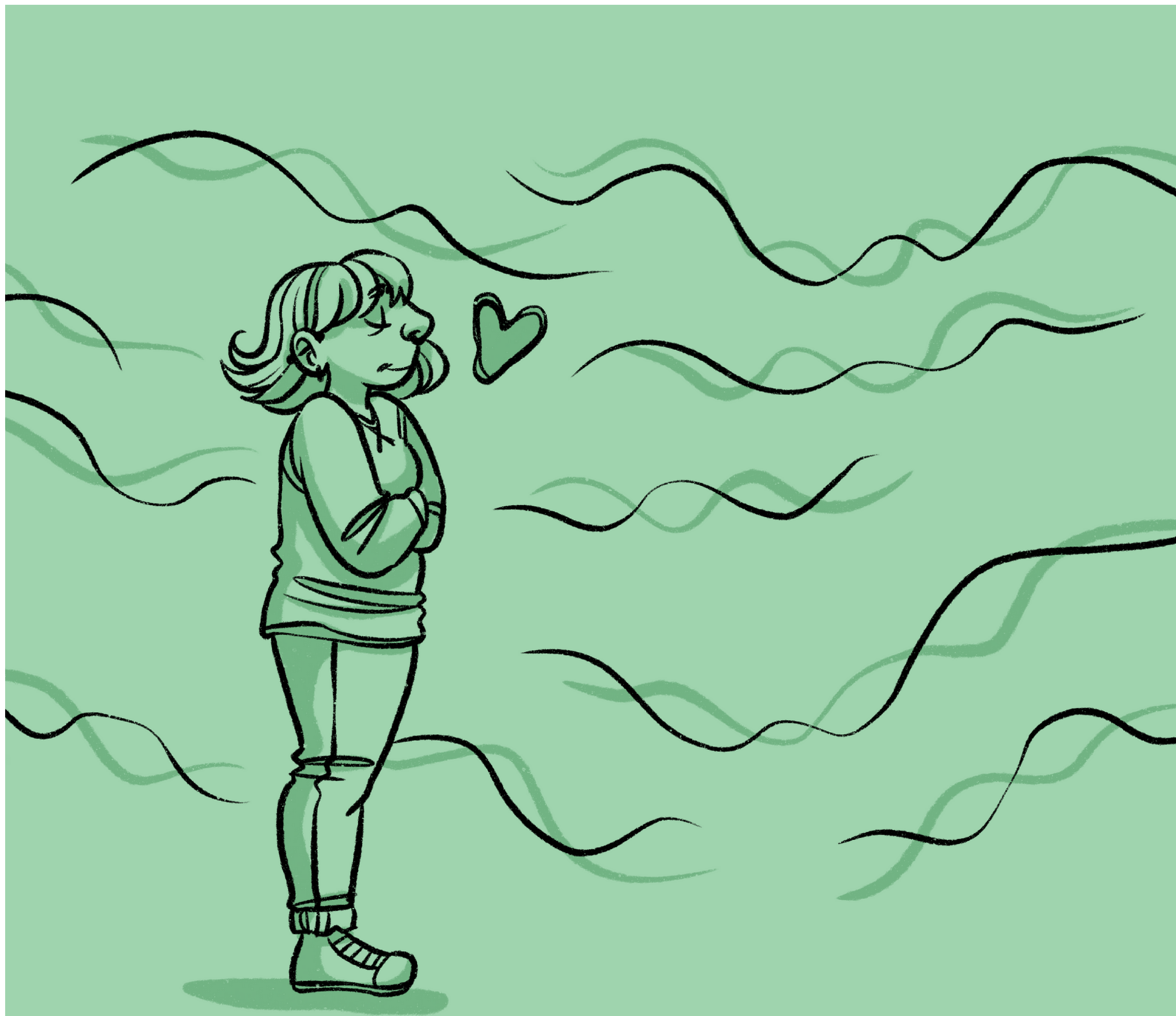




A cup of
hot coffee,
made just
the way
you like
it.

Escaping into a good book.





A nice cool breeze on a warm day.



Collect those little joys, and hold onto them. It makes all the difference.