

# List....



## 5 Things you can see

- 1.
  - 2.
  - 3.
  - 4.
  - 5.
- 



## 4 Things you can feel

- 1.
  - 2.
  - 3.
  - 4.
- 



## 3 Things you can hear

- 1.
  - 2.
  - 3.
- 



## 2 Things you can smell

- 1.
  - 2.
- 



## 1 Thing you are grateful for in the moment

- 1.