



Instructions for living a life:
Pay attention. Be **astounded**.
Tell about it
— **Mary Oliver**

don't forget to live with a dose of wonder

“The world is full of **magic** things, patiently
waiting for our senses to grow sharper.”

— **W.B. Yeats**

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Journaling Prompt

Where have I felt most alive
lately—and **why**?

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Journaling Prompt

What small moment recently
filled me with **wonder** or joy?

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Reflection Question

What can I witness in the world today
that doesn't need **fixing**—just noticing?

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Reflection Question

What would I do **differently**
if I led with curiosity today?

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Micro Practice

Nature moment: Step outside and
notice one small thing
a crack in the sidewalk, a birdcall.
—light through a leaf,

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Micro Practice

Tiny gratitude: Write or say aloud
3 small things

you're **grateful** for in this exact moment.

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