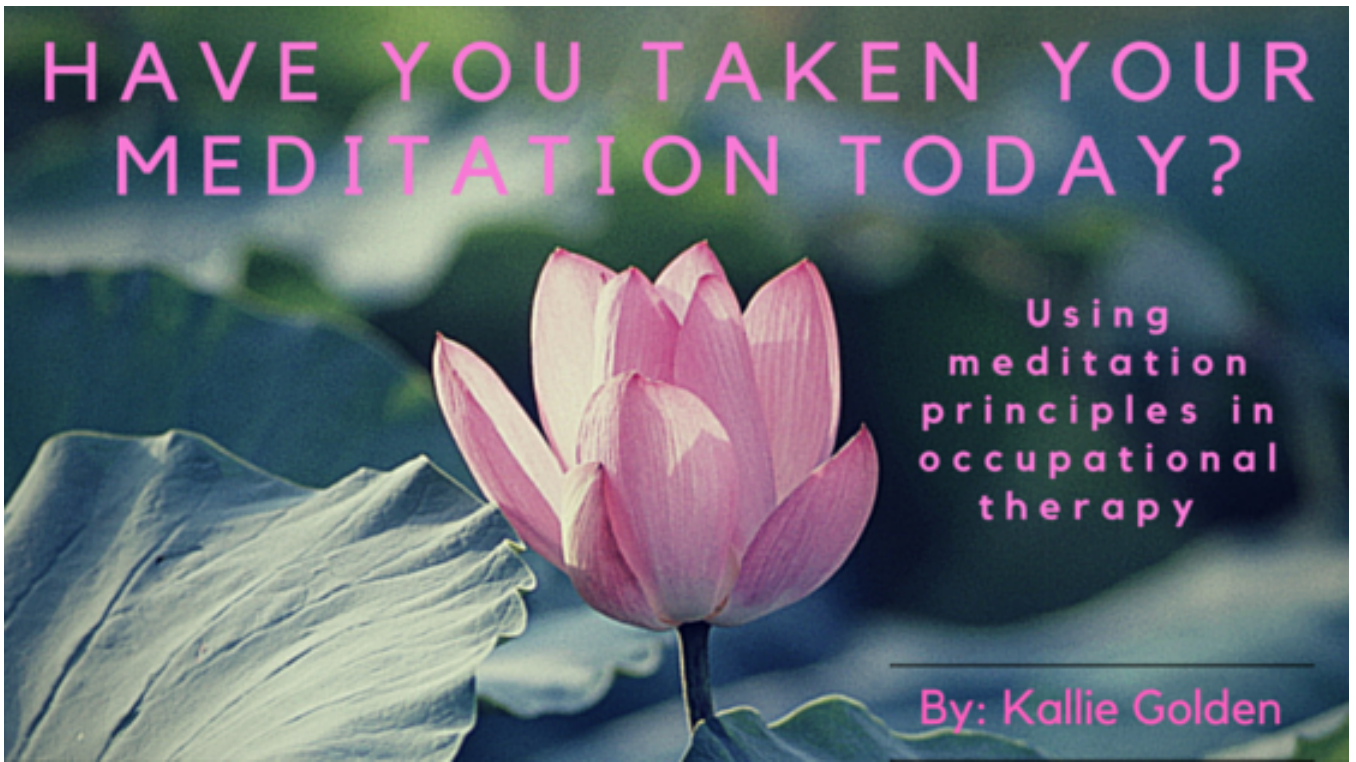# HAVE YOU TAKEN YOUR MEDITATION TODAY?

Using meditation principles in occupational therapy

By: Kallie Golden

Take time to do
What makes your soul
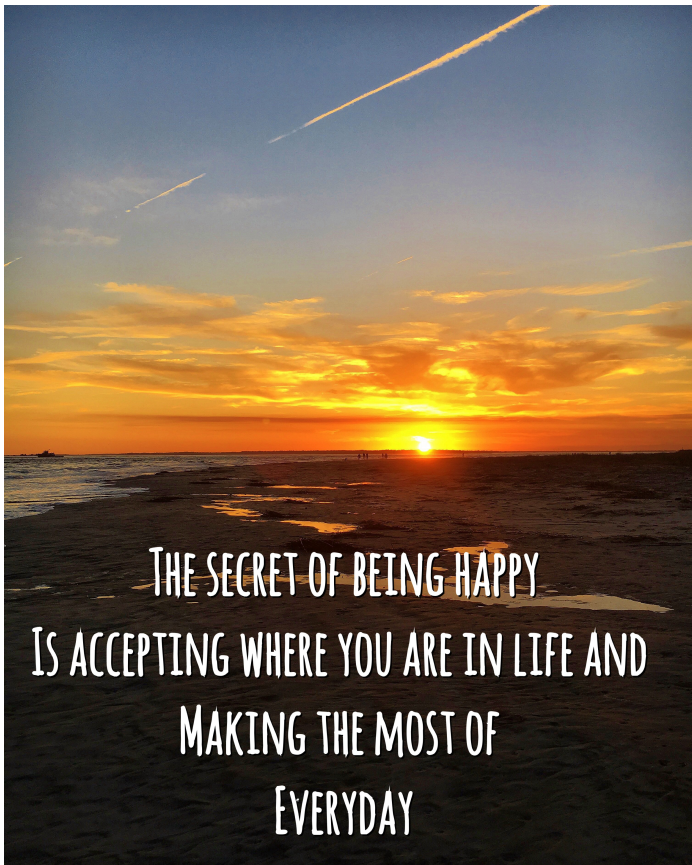Happy

Be happy where you are

Now

Breathing in, I calm my body.
Breathing out, I smile

Dwelling in the present moment,
I know this is a wonderful
Moment

The secret of being happy
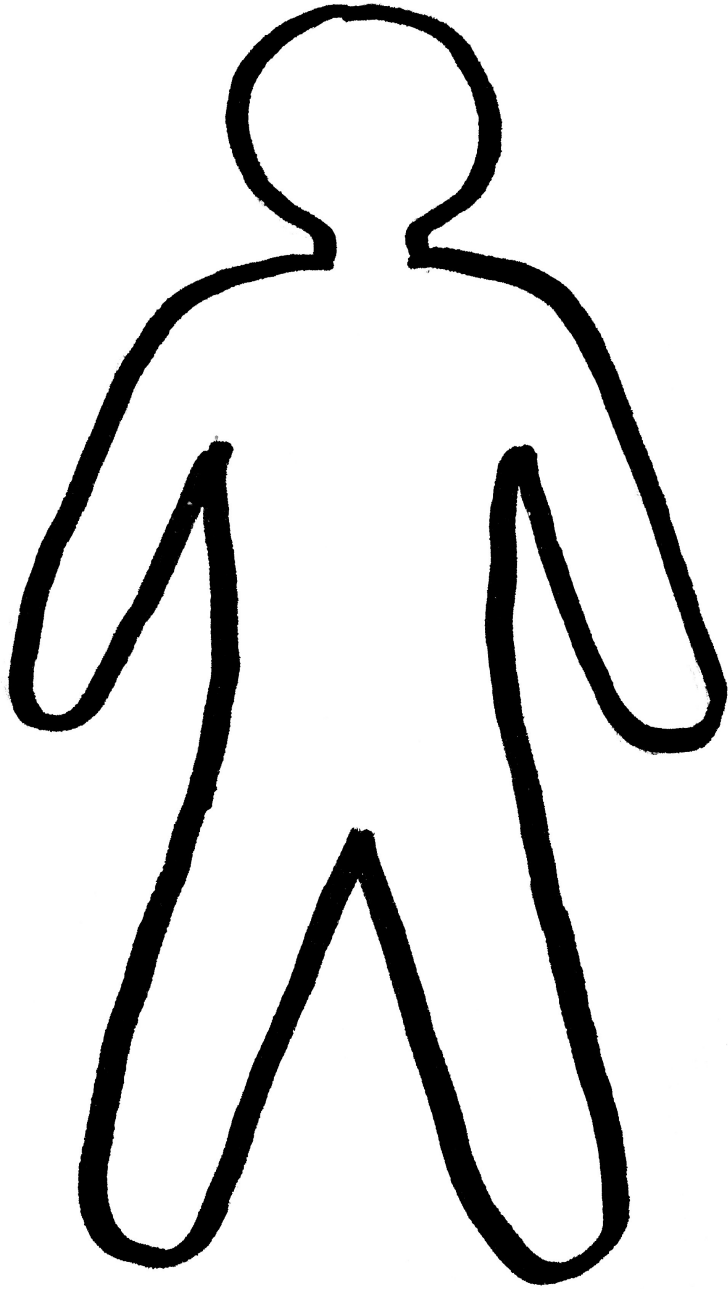Is accepting where you are in life and
Making the most of
Everyday

You create beauty with your attitude,
Your behaviors and your actions
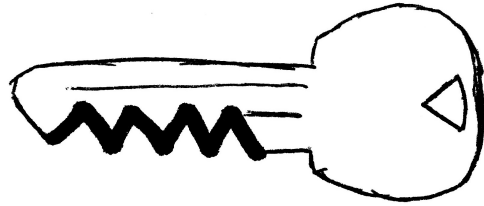Its all up to you

Bad days build better
Days

Train your mind to see
The good in
Everything

Overflow with

Thankfulness

Doll outline

◼ = original squiggle

≋ = doodle
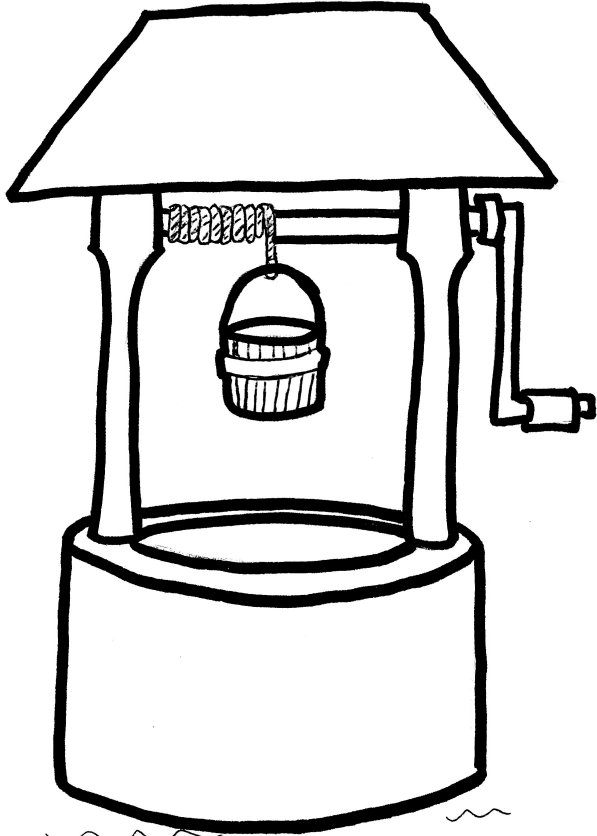

Example 1

Example 2

Sunshine   Shopping
        Coffee
Puppies
        Family

Example 3