Who or what can I appreciate?

Take a deep breath in and out and utilize all of your senses to find good news in the Peace Garden. What can you see, smell, taste, feel and hear? Look for the good news around you; try to notice things you might miss or take for granted.

"Gratitude plays a major role in well-being and happiness... when you are thankful, you tune in more to the goodness around you."

- Hal Urban

NEXT STOP:
5. A = Appreciate (Part 2), Gratitude Rock Garden

Try using all 5 senses as you make your way to our next stop...