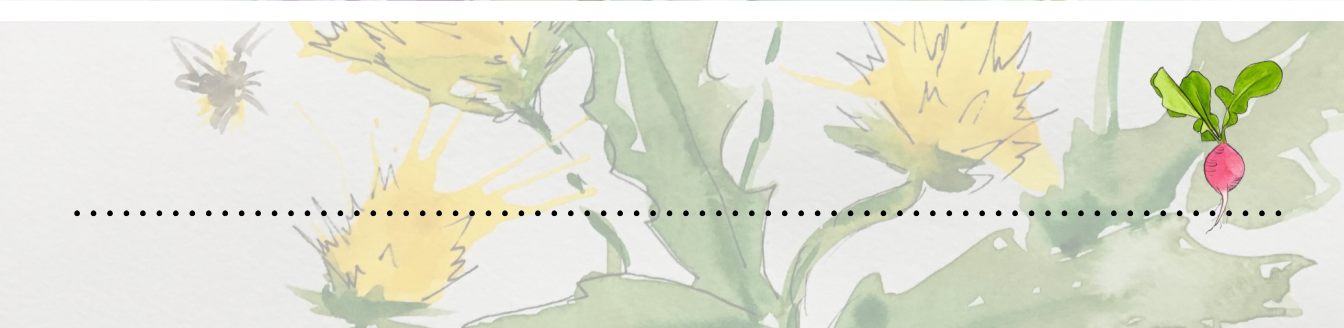




"A journey of a thousand miles begins
with a single step."

Lao Tzu



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"Adopt the pace of nature: her secret
is patience."

Ralph Waldo Emerson



.....

Pick or buy fresh flowers & make
yourself a bouquet

Make the time to go on a little walk



"Nature does not hurry, yet everything
is accomplished."

Lao Tzu

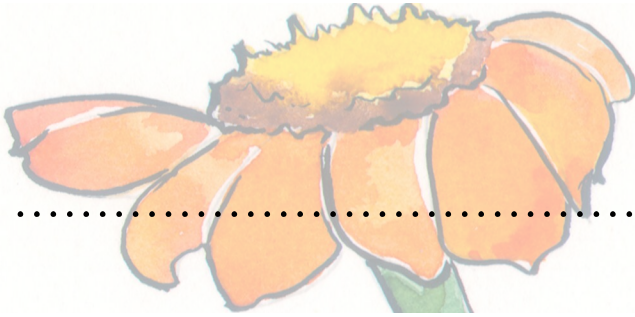


Go somewhere in your town you've
never been before



"There is more to life than increasing
its speed."

Mahatma Gandhi



What do I really feel like doing
right now?



"Another world is not only possible,
she is on her way."

Arhundati Roy

