

# MINI RETREAT:

LISTEN AND SEND POSITIVE INTENTION FOR WHAT YOU HEAR

## TODAY'S CHALLENGE

Today's challenge is to find a time and place where you can be quiet, either at home, or wherever you can. Just take a few moments for yourself.

In your quiet place, try to shut out busy thoughts and enjoy the stillness for a moment.

Then become aware of whatever you may hear or catches attention and send it positive attention.

SHARE: in the Facebook group, share how it felt to just notice something and send positive intention for it. Can you make a "mini-retreat" a more regular happening than perhaps you currently do?

**Remember to offer encouragement / comment on Facebook posts added by others** (not necessarily for today's challenge).

*Clive x*