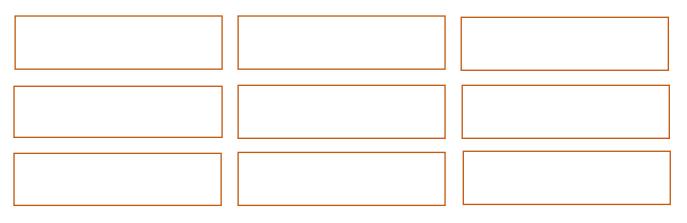
## **10 MINUTES TO** RECOGNISE THE GOOD STUFF

## Date:

Things, people and places you adore:



One thing you've worked hard to achieve:

One thing that's going well:

Two people you can count on for warm hugs and kind words:

## Three things to look forward to: