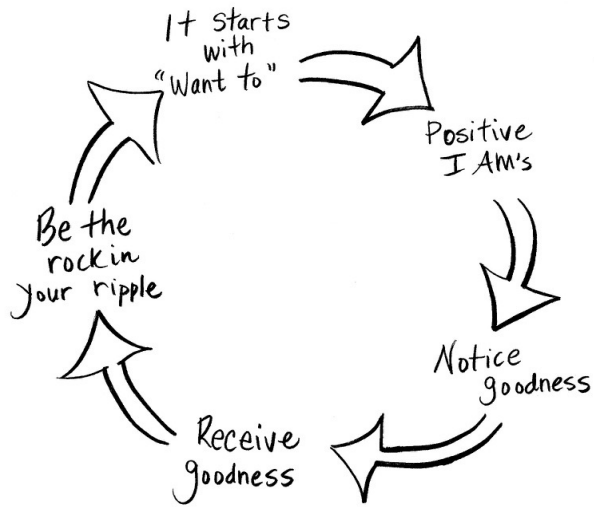


The I AM NOTICED Cycle



➡ What is your "Want to"?
What are you grateful for?

➡ What words follow I AM?
Are you kind to yourself?

➡ Who can you Notice?
Who matters to you?

➡ How do you receive?
Do you say thank you?

➡ How will you ripple goodness?
Repeat cycle!

