

Five beautiful things

So long as I can find 5 beautiful things a day
I am ok
I can stay connected

It can be any small thing

- the sound of children playing
- the squidge of jam in the middle of a doughnut
- the shape of a cloud
- the scent of a flower
- the kindness of a friend

5 beautiful things - to me equals a handful of hope
and with a handful of hope
I can do nearly anything

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