



EVERYDAY LIFE *Reflections*

*For noticing the beauty hidden
in ordinary days.*

TODAY'S PROMPT:



The little things are often the big things.





*Thoughts on home, comfort,
routines and creating a life
that feels good to live.*

[illegible]

*A home is built slowly,
one ordinary day at a time.*



A bouquet of small white daisies with yellow centers, some in bloom and some as buds, are arranged in a speckled, light-colored ceramic jar. A brown twine ribbon is tied around the neck of the jar in a bow. To the left of the jar, a single large white daisy with a yellow center and green leaves lies on the surface. The background is a light, textured cream color. The word "NG" is partially visible in the top left corner.

*For noticing nature, rhythms
and the changing seasons.*



TODAY'S PROMPT:

[illegible]

*Every season has something
to teach us.*





The best parts of life are shared.





*You deserve the same kindness
you offer everyone else.*



SLOW LIVING Reflections

*For simplifying, slowing down
and making space for what matters.*

TODAY'S PROMPT:

*Slow isn't falling behind.
It's paying attention.*





GRATITUDE *Reflections*

*For noticing the gifts
hidden in everyday life.*



TODAY'S PROMPT:



I AM GRATEFUL FOR...



SOMETHING THAT
MADE ME SMILE...



SOMETHING I APPRECIATE
RIGHT NOW...





*There is always something
worth noticing.*





An illustration of a light-colored ceramic cup filled with brown coffee, featuring a small heart-shaped cutout on its side. The cup sits on a stack of three books. The top book is green with the text 'SLOW DOWN' in white. The middle book is light brown with 'BE PRESENT' in dark brown. The bottom book is dark brown with 'REST & REFLECT' in light brown. To the right of the books is a small green plant with several buds. In the bottom right corner, there is a white daisy-like flower with a yellow center and green leaves. The background is a light cream color with faint, stylized green leaves and a small portion of a letter 'J' visible in the top left.



Today was enough.

WHEN LIFE FEELS HARD

Reflections

*For the days when
everything feels heavier than usual.*

TODAY'S PROMPT:

WHAT IS WITHIN MY
CONTROL TODAY?

YOU ARE
STRONGER
THAN THIS
SEASON

KEEP
GOING

One small step is still progress.

SEASONAL LIVING

Reflections

*For noticing nature, rhythms
and the changing seasons.*

TODAY'S PROMPT:

*Every season has
something to teach us.*



SEASONAL LIVING

Reflections



*For noticing nature, rhythms
and the changing seasons.*



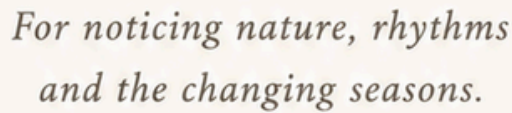
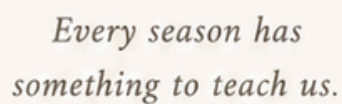
TODAY'S PROMPT:





*Every season has
something to teach us.*



A decorative illustration of a wicker basket filled with purple lavender and white daisies, next to a silver watering can with a heart on it, set against a background of horizontal lines.



SEASONAL LIVING

Reflections

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TODAY'S PROMPT:



*Every season has
something to teach us.*











