

## Wake Up

**THIS IS HOW IT FEELS TO BE ALIVE**

*If you have good thoughts,  
they will shine out of your  
face like sunbeams.*

**ROALD DAHL**



*It is the start of December and there are so many great habits we could pick up this month that will make us end the year on a high.*

*Let's start where you are. Whatever time you wake this month, spend 1 minute thinking through what and who you are grateful for. They maybe things from memories or things that Impact you right now. Enjoy the smile they bring across your face to start the day.*

**Adele Deasy**