

# THE ATC OF MINDFULNESS

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Joy is not something to be forced, faked or created.

Joy can and should result from your mindfulness explorations and activities, whether this be while you are in the moment or as a heightened awareness of happiness further down the line.

Taking the time to focus on yourself, rather than your difficulties can help to lift your spirits and remind you of the joys that are present in your life.

See if you can think about some as you colour in this week's design.

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