

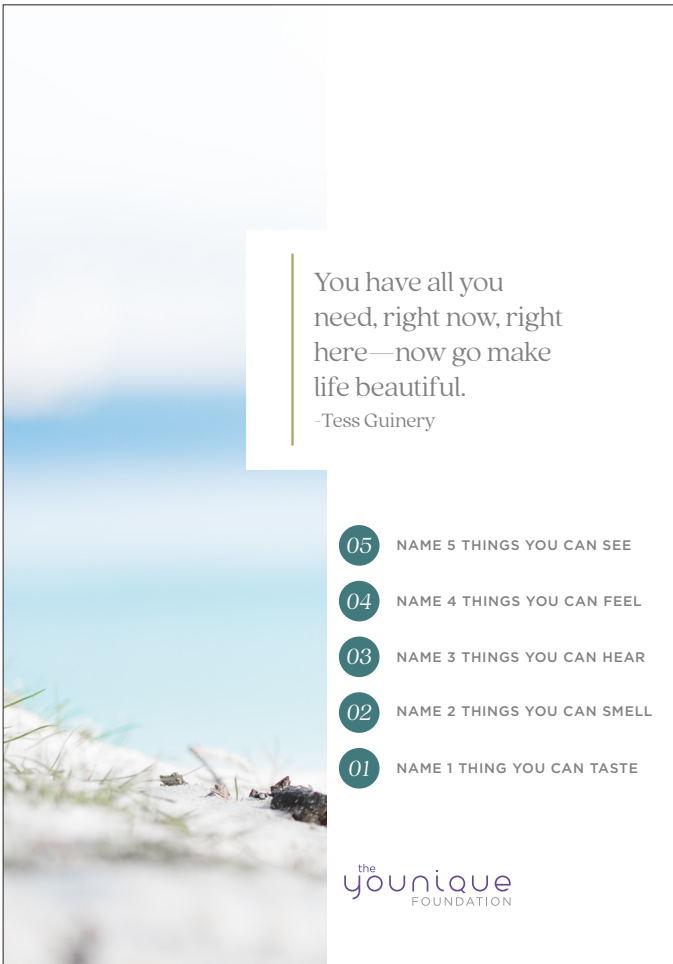


You are only here now;
you're only alive in
this moment.

-Jon Kabat-Zinn

- 05 NAME 5 THINGS YOU CAN SEE
- 04 NAME 4 THINGS YOU CAN FEEL
- 03 NAME 3 THINGS YOU CAN HEAR
- 02 NAME 2 THINGS YOU CAN SMELL
- 01 NAME 1 THING YOU CAN TASTE

the
younique
FOUNDATION



You have all you
need, right now, right
here—now go make
life beautiful.

-Tess Guinery

- 05 NAME 5 THINGS YOU CAN SEE
- 04 NAME 4 THINGS YOU CAN FEEL
- 03 NAME 3 THINGS YOU CAN HEAR
- 02 NAME 2 THINGS YOU CAN SMELL
- 01 NAME 1 THING YOU CAN TASTE

the
younique
FOUNDATION

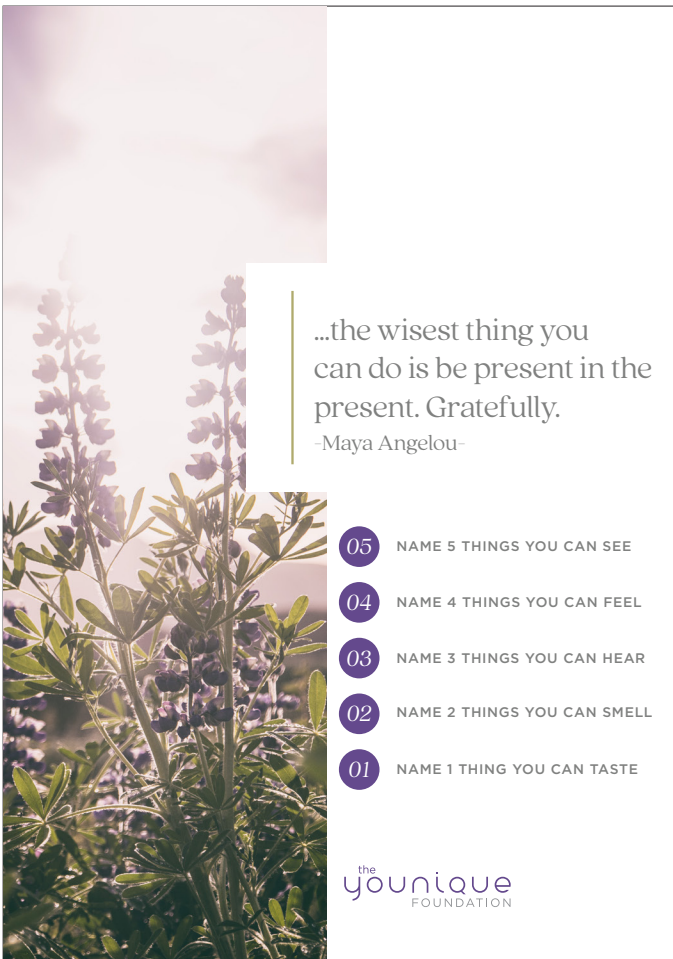


Learning to live in the
present moment is part
of the path of joy.

-Sarah Ban Breathnach

- 05 NAME 5 THINGS YOU CAN SEE
- 04 NAME 4 THINGS YOU CAN FEEL
- 03 NAME 3 THINGS YOU CAN HEAR
- 02 NAME 2 THINGS YOU CAN SMELL
- 01 NAME 1 THING YOU CAN TASTE

the
younique
FOUNDATION



...the wisest thing you
can do is be present in the
present. Gratefully.

-Maya Angelou-

- 05 NAME 5 THINGS YOU CAN SEE
- 04 NAME 4 THINGS YOU CAN FEEL
- 03 NAME 3 THINGS YOU CAN HEAR
- 02 NAME 2 THINGS YOU CAN SMELL
- 01 NAME 1 THING YOU CAN TASTE

the
younique
FOUNDATION