

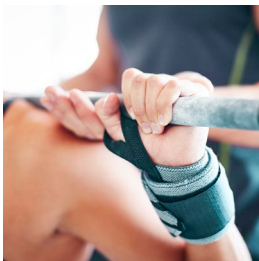
My Soul Loves...



Walking by the sea
The smell of sea air
The colours of sea and sand
Catching a wave
Watching waves break
The sound of the sea

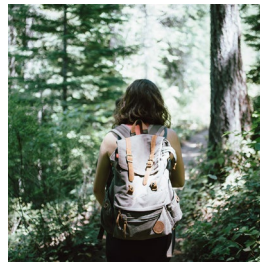


The first sip of coffee
An interesting conversation
Loving and caring for others
Helping people see things differently



The afterglow of a good workout

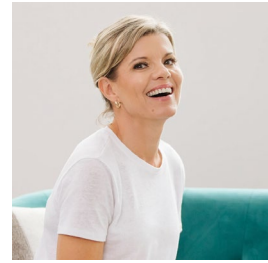
Feeling appreciation for what and who I have in my life
Living with my eyes and heart wide open
Saying 'hello' first
Unexpected small talk with strangers



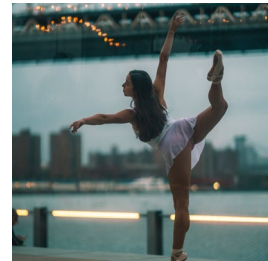
Being in green nature
Quiet solitude
Sitting in comfortable silence
Hanging out with my girls



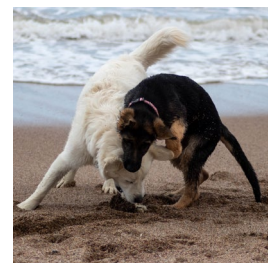
Listening to my girls' chatter



Laughing so hard I can't breathe
Singing!
Holdings hands
R and B music



Dancing wildly
Croissants in France
Doing things that are a bit scary
Playing backgammon



Warm sun on my skin
Watching dogs play
Ah-ha! moments for me and others
Being love