

Kristi Peck



3-2-1  
PECK

Use this simple technique for preparing your body, mind and spirit for REST.



3 appreciations:

A large, empty, light brown rectangular box intended for writing three appreciations.

2 celebrations:

A large, empty, light brown rectangular box intended for writing two celebrations.

1 intention:

A large, empty, light brown rectangular box intended for writing one intention.