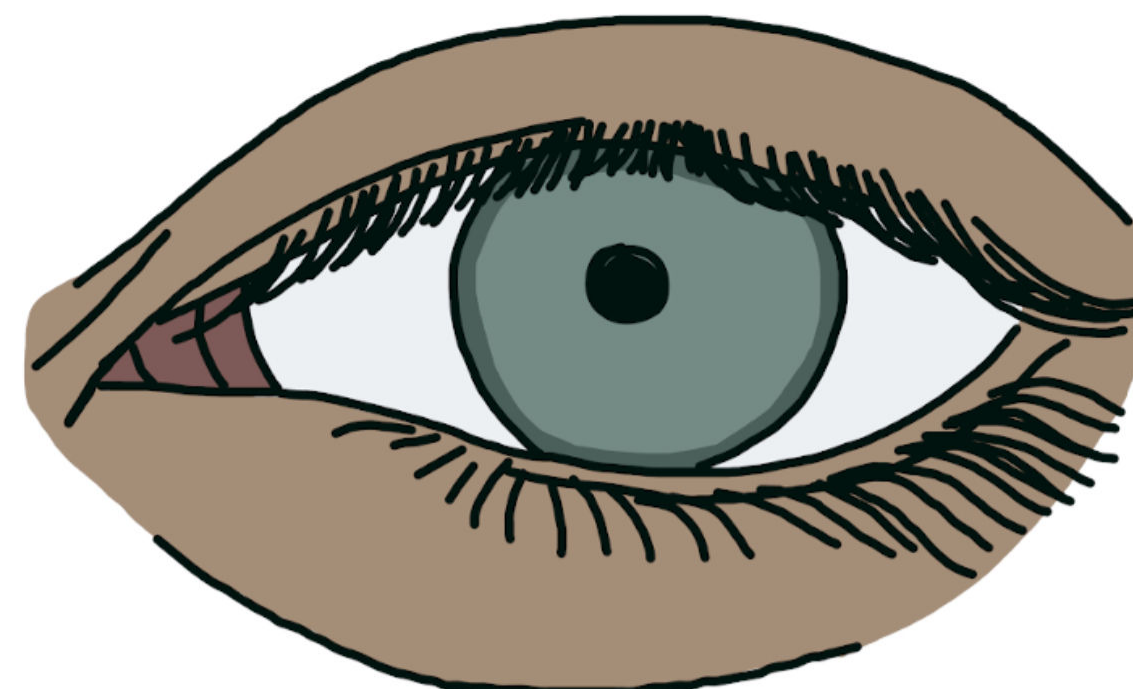# WF-I CAN

TAKE A BREAK!

Turn OFF your mind and turn ON your senses.
Focus on the world around you. Start by thinking about...

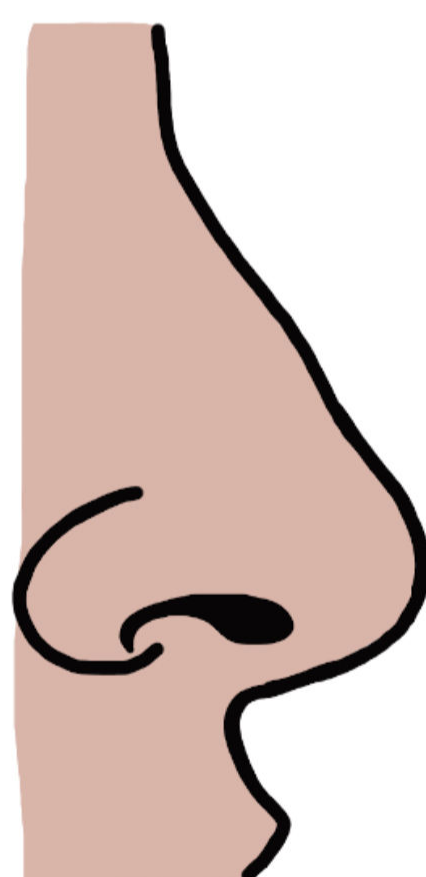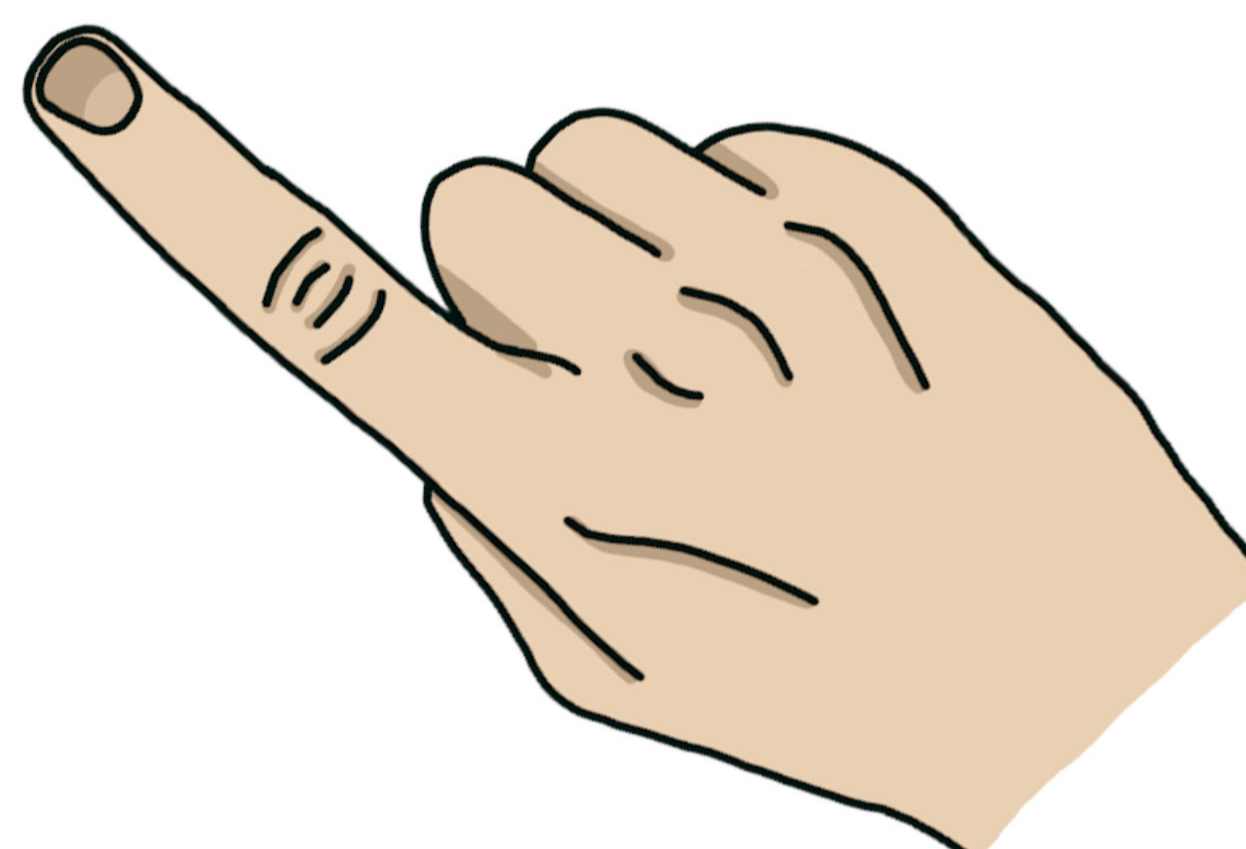**5** Things you can SEE

4 Things you can HEAR

3 Things you can TOUCH

2 Things you can SMELL

1 Thing you can TASTE