

tuesday dawnings
quiet daily practices
for cultivating calm, clarity, curiosity & creativity
from artist dawn chandler

Each day...

Rise
~ early, before the sun.

Notice
~ the tiny wonders all around you.

Embrace
~ quiet, for the first moments of day.

Read
~ inspiring, words on a printed page.

Savor
~ the sips of your morning beverage.

Write
~ with pen & paper in a journal or letter.

Breathe
~ comfortably in stillness.

Be
~ outside, fill your lungs with fresh air.

Look
~ around with quiet curiosity..

Give
~ thanks.



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