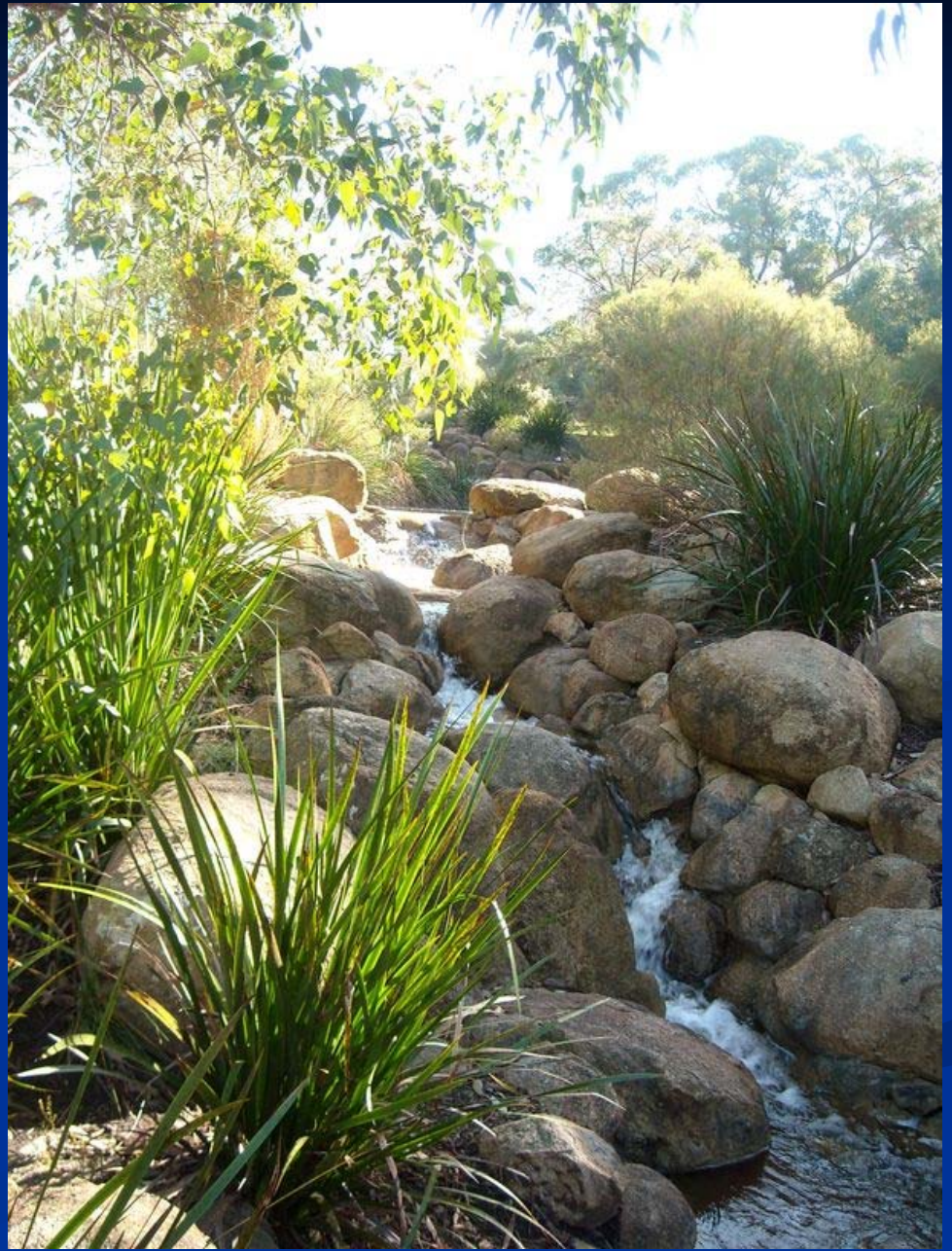


# Winter down under

[elle@motivateme.info](mailto:elle@motivateme.info)

Let your thoughts  
quieten





See good things in  
even the smallest  
deeds undertaken



But remember there is always a bigger picture,  
and your daily actions should be taking you to  
them and not away from them.

For there is beauty  
in the detail





If you care to look





Take time to think

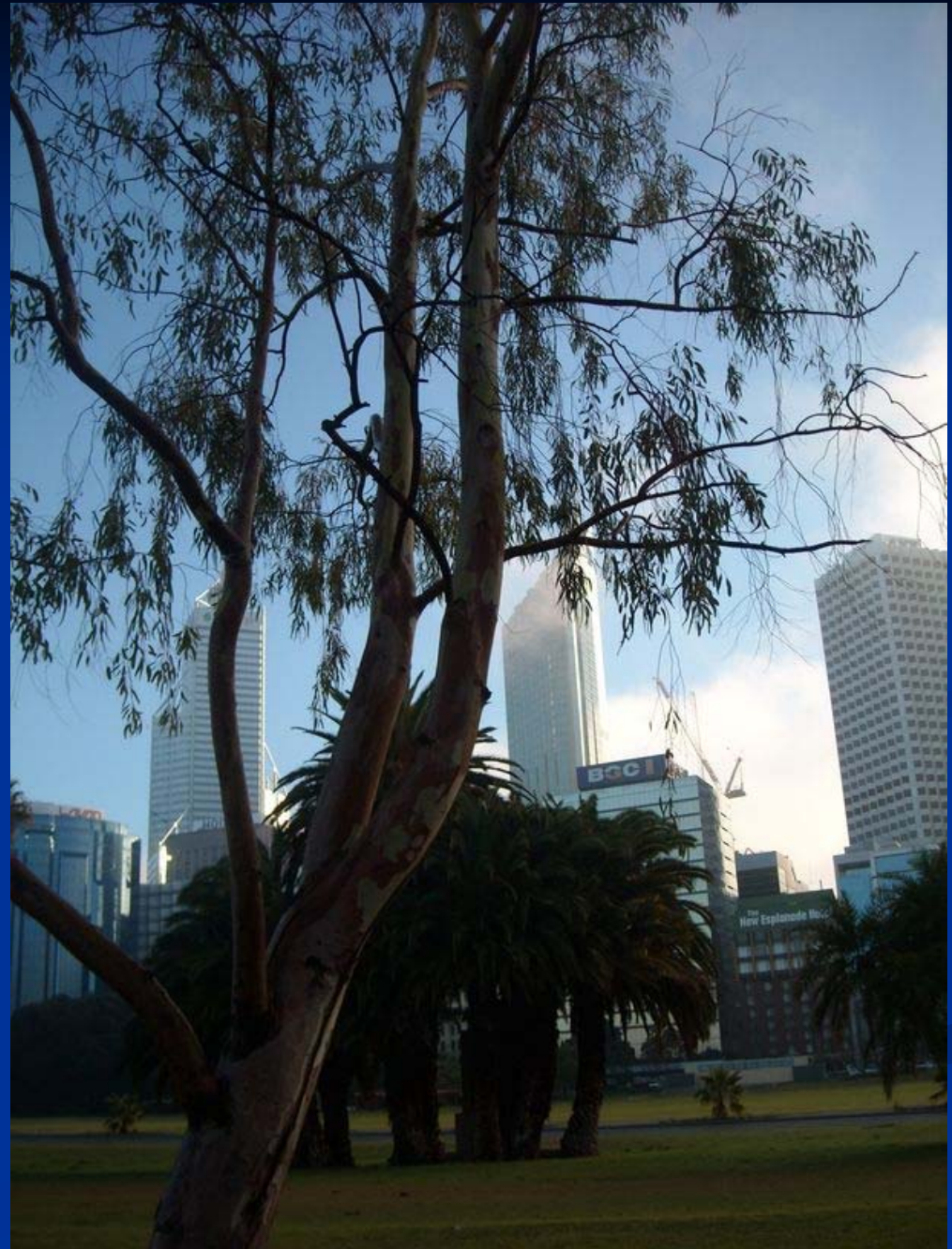
And refresh your  
mind





Because we live in  
such a busy world it  
can be hard to hear  
the voices that guide  
us

And even in our  
darkest moments  
there is beauty  
fun and laughter  
all around us





Even when you don't think there is ....  
All you have to do is open your eyes and look



Exercise regularly even when you don't feel like it, or the weather is horrible, because you will feel better for it afterwards.



*And remember ....*

to all those who love to play ...  
and dare to dream. thank you.

loterwest

With love and light

Elle

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