

## Zest

Zillions of positive thoughts

Exude happiness

Satisfy the soul

Think of what you want in your future!

Nick R.  
Pennsylvania

# Thank You FOR READING!

Below is a question to reflect on from this piece. Feel free to also use it as a conversation starter with a fellow reader, or even a loved one on the outside!

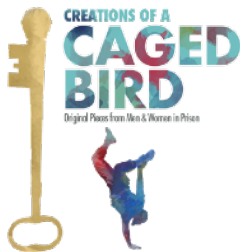
***As you think about the positive person you hope to be in the future, try calling up some of the "zillions of positive thoughts" Nick refers to. What have been some bright and zestful moments in your life?***

***Where can you find happiness and zest in your life now, even in the smallest moments (a first sip of coffee, reaching a goal in your workout, an open and honest conversation with a friend or family member – where else?)***

We'd love to hear what you thought of the piece, or if you've had any meaningful conversations as a result. Or perhaps you'd like to share an expression of your own (visual art or creative writing). You are always welcome to write to us at Shining Light at P.O. Box 267, Annville, PA 17003.

*\*Note: We will not be able to provide a response to your letter or receipt of your submission, but know that we value your feedback and contributions and will take them seriously.*

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