

## Sweet Sleep Comes Easily

*An extension of "An inspiring journey"*

### INSTRUCTIONS

1. Read "Art Speaks to Me – A letter from Linda" (*What's Up* Aug 2016, page 24). Linda Yew says, "When we've made good use of the time entrusted to us, we have few regrets; our mind is at peace and sweet sleep comes easily." What a wonderful thought!
2. Imagine what the following people would consider as a day in their lives when they have made such good use of their time that sweet sleep will come easily to them. The first four are 2016 Olympic Torch bearers - read about them in "An Inspiring Journey" (*What's Up* August 2016, page 12-13).

<b>Cattle farmer Patricia da Silva</b>	<i>A good day...</i>
<b>Swimmer Clodoaldo Silva</b>	<i>A good day...</i>
<b>Shaman Raimundo Dessana</b>	<i>A good day...</i>
<b>Skydiver Luigi Cani</b>	<i>A good day...</i>
<b>Me</b>	<i>A good day...</i>