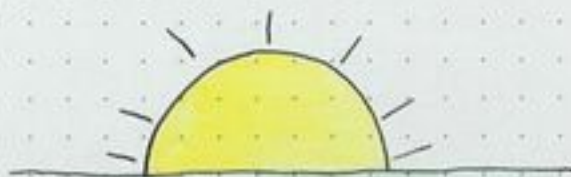


THURSDAY

2
JUNE 2016



"Clinging to the last shred of the early morning - that tiny space of time when no-one speaks, nobody needs, nothing stirs. Just me and my coffee and my thoughts." unknown.



I have always loved early mornings for the peace and quiet. I have had some of my best ideas before 6:00am, and when I was training for triathlons, I always loved being out while everyone was still in bed. Early mornings are a time to think, or a time to get a head start on the day. They can be a time for great reflection or a time for great creativity. And they do go very well with coffee.