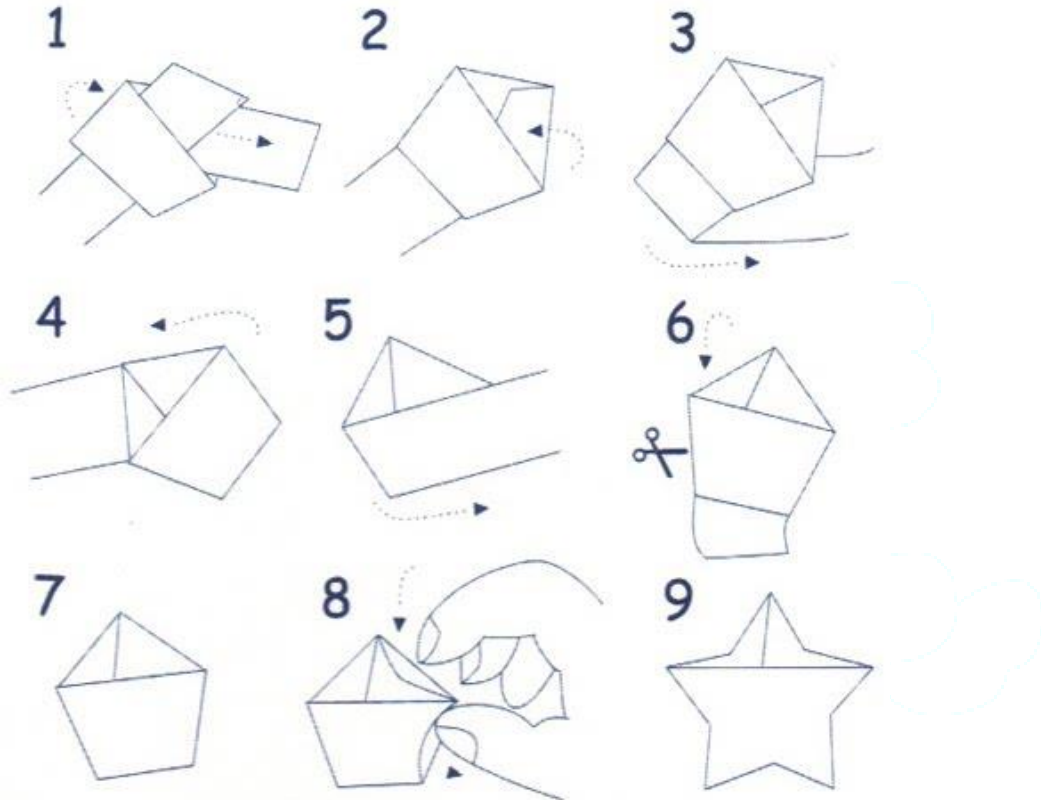


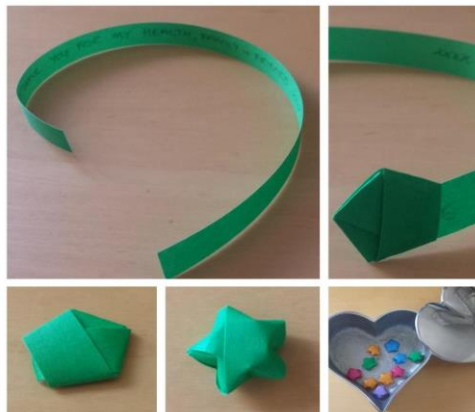
## Wishing Start – How To

Happy thoughts and positive blessings. I know that sometimes it is hard to think positive thoughts.... To help me through these times I have a wishing star jar (well it's a metal heart tin) and when the mood takes me I write positive affirmations on tiny paper wishing stars.



Write your message on the strip of paper before you begin:

1. Make sure the edge crosses over as shown
2. Fold the short end into the centre (you should now see the hexagon shape)
- 3/4/5. Continue to wrap the tail around the base. Make the folds crisp and tight
6. When you have just the short end left, tuck it under a fold
7. You are left with a neat, five-sided shape
8. Hold the star flat between two fingers of one hand and use the thumbnail of your other hand to make a deep dent in one side. Do this on all five sides and your paper will puff out into a beautiful little star
9. Voila, your beautiful wishing star



With Love xxxx