

## THEME: "5 DAY LOVING KINDNESS CHALLENGE"



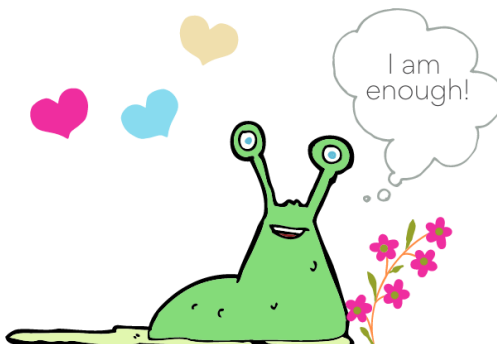
### Day One:

Leave a kind message on someone's pillow, or on the kitchen table, in email, or social media.



### Day Two:

Practice telling yourself "I am enough."



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Day Three:  
Do Snuggle Pose with your child or a loved one.



Day Four:  
Tell someone they are beautiful and talented.





Day Five:

Listen to our Loving Kindness Meditation to offer comfort for yourself,  
for someone in your life, and for all in this world.



HERE  
For You For Them



May you be safe.  
May you be healthy.  
May you be loved.



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