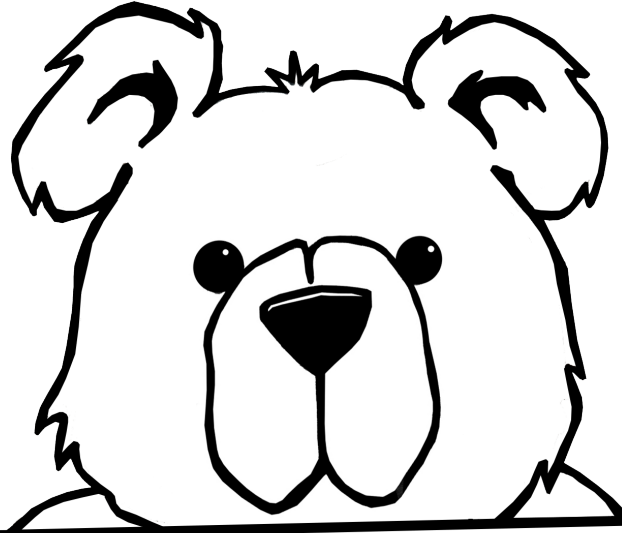
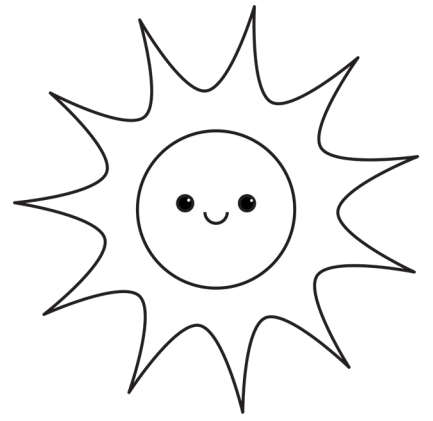


Be Kind to Yourself

We often think of kindness as something we extend to others, but it's just as important to direct it toward ourselves. Take some time to write down three things from your day that make you feel grateful or happy.



Today I am grateful for:

1. _____

2. _____

3. _____

