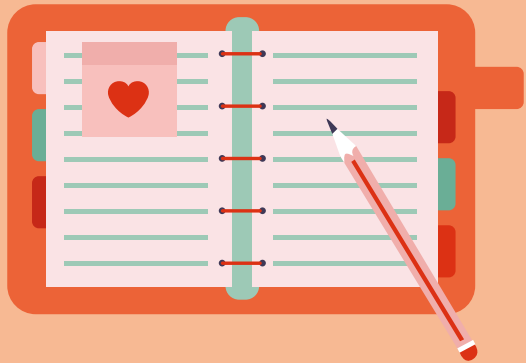


Create a Daily Kindness Plan



Something I'm going to do
to be kind to my mind today



Something I'm going to do to
be kind to my body today

Something I'm going to do to
be kind to someone else today

