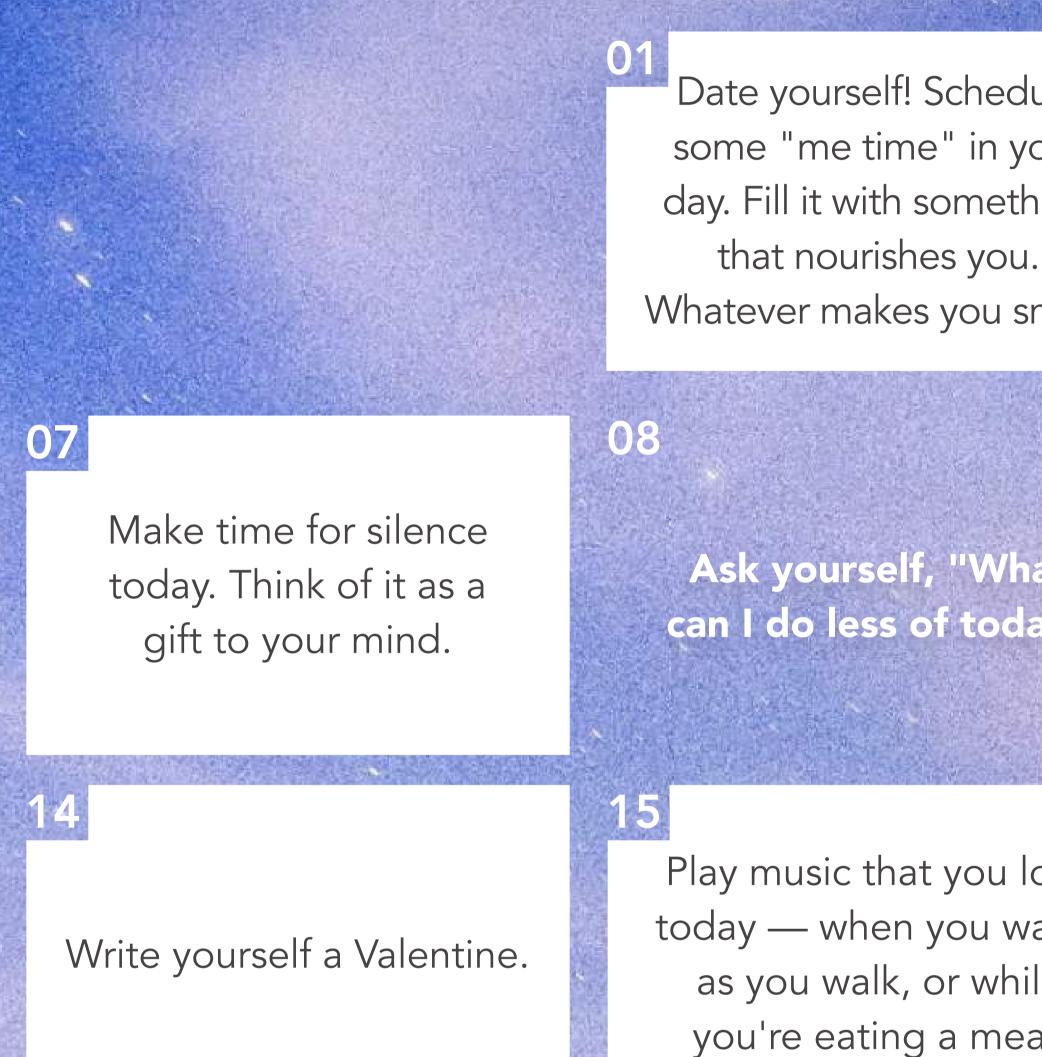
"The present moment is the only time over which we have dominion."

Thích Nhất Hạnh



Ask a loved one to give you 3 reasons why they care for you. Listen and fully receive their love.

Inhale and think of something you're grat for. Exhale gratitude Repeat at least 5 tim

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Find a poem that you love and read it.

lule your hing 1. smile!	02 Make time for connection. Check in on loved ones or open up to someone about what's on your mind.	03 Try a loving kindness meditation today.
nat ay?	09 Reach out to someone that means a lot to you. Connecting with loved ones is good for your health.	10 Choose a self-care practice and make time for it.
ALCONT LA		
love /ake, ile al.	What needs tending in your life? Invest 15 minutes of your time and attention to something that you've been neglecting.	17 Make your lunch with extra care today.
	22	24
of ateful de. nes.	Spend time looking up at the sky and notice how it makes you feel.	A Practice patience and allow things to unfold their own time.

alm

	04 Schedule at least 15 minutes of pure enjoyment into your busy day.	05 Look in the mirror today and find something you love about yourself. Say it loud and take a selfie!	06 Meditate twice today.
	11 Charge your mental and physical batteries by getting enough sleep and going to bed early or on-time tonight.	12 Write yourself a self-love note.	13 Text a friend who may need some love today.
	18 Rewrite a story that you've been telling about yourself that is no longer serving you.	19 Find a way to spend some time outside today. Just 30 minutes in nature can improve your mood and sense of wellbeing.	20 Make space in your day for some YOU time.
in	25 List your best qualities. If you find this difficult, ask a friend!	26 Massage your face and give extra love and attention to the places you hold tension.	27 Be kind to someone that you find challenging in your life.

Meditate twice today.