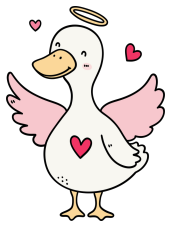




Valentine's Mindfulness

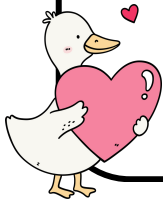


Stay sweet and kind this Valentine's Day.

Fill out each section below to help your heart-centered mindfulness bloom!

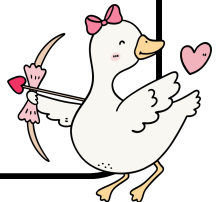
Gratitude

My heart feels full of love when...



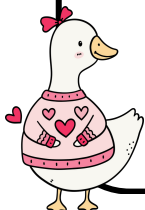
Kindness

I send a "kindness cupid" by...



Regulation

When my heart races, I can calm it by...



Calmness

I find my "sweet" calm when I am...

