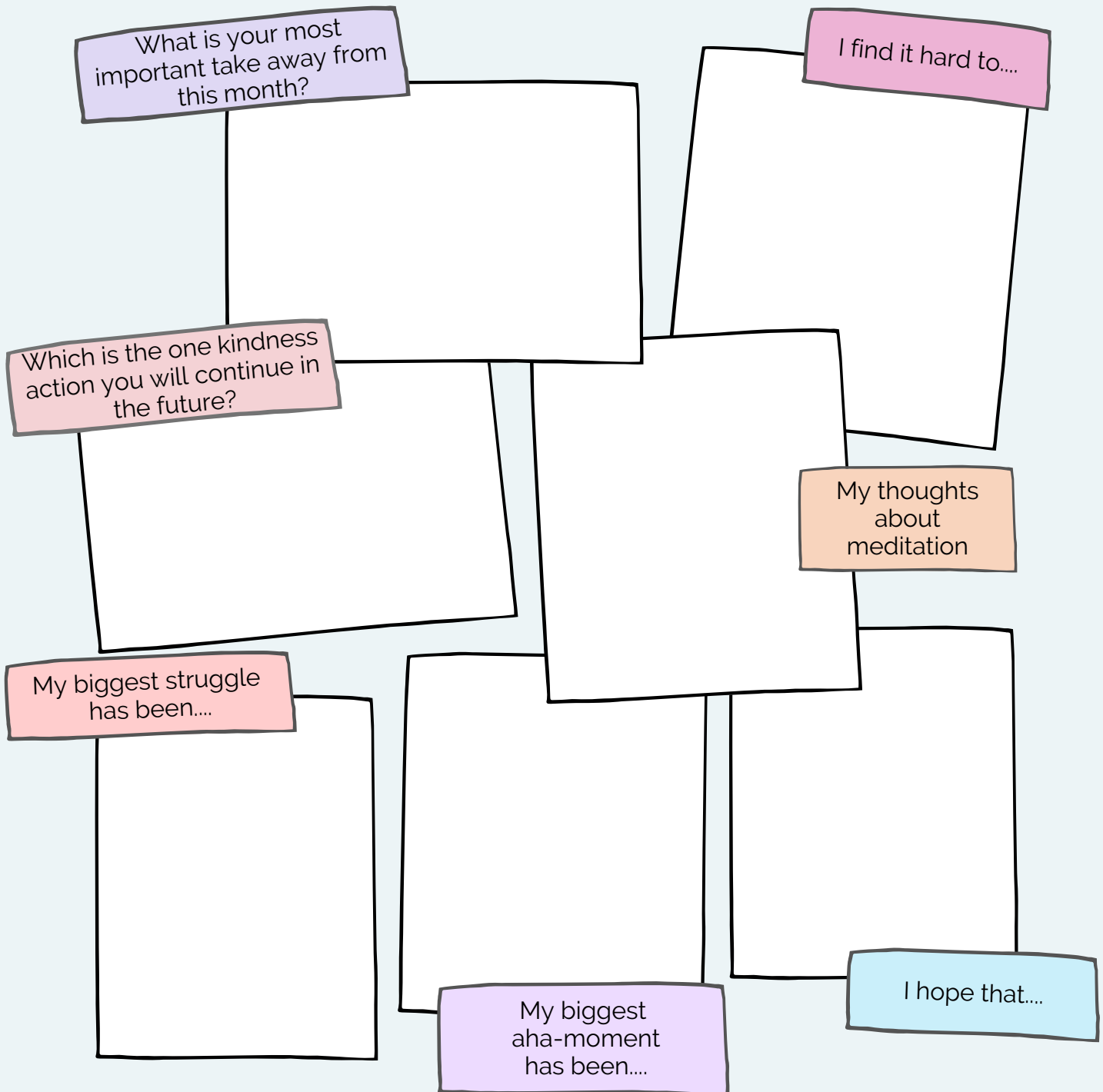


KINDNESS

Bravo! 

You've completed your Kindness month. Write or draw :-) what you have experienced. It's a good way to keep track of your healing journey's progress. You can share it with the group if you like in #o1kindness.



What is your most important take away from this month?

I find it hard to....

Which is the one kindness action you will continue in the future?

My thoughts about meditation

My biggest struggle has been....

My biggest aha-moment has been....

I hope that....