

Practicing Kindness

When is it the easiest to be kind and loving to yourself?

When is it the hardest to be kind and loving to yourself?

Imagine being 'nice' to someone else. How does it feel? What are the sensations in your body when you are being 'nice'? How does it affect your energy? What do you notice about your mind and thoughts when you are 'being nice'?

Imagine being 'kind' to someone else. How does it feel? What are the sensations in your body when you are being kind to someone else? How does it affect your energy? What do you notice about your mind and thoughts when you are being kind?

How do you feel about yourself when you are being kind to someone else?

How do you feel about yourself when you are being kind to yourself?

How do you want to practice being kind to others this month?

How do you want to practice being kind to yourself this month?

How do you want to lovingly remind yourself to practice being kind this month?