

30 (DAYS): DAY 2

"You've been criticising yourself for years and it hasn't worked. Try approving of yourself and see what happens." –Louise L. Hay

1 (PERSON): YOURSELF

Why Do You Deserve Kindness Today?:

10 (MINUTES): PUT KINDNESS INTO ACTION

Go for a walk and identify 5 things you are grateful for that exist within a 10 minute walk of where you live.



Did you do it? YES! NOT YET

If yes, what did you learn? If not yet, what got in the way?
