Diane Randall consults

Taking small steps Towards a huge life

Love and Kindness Exercise

To practice love and kindness, close your eyes, access the feelings you experience when you love your pet, your significant other, your child, or your good friend. How do you feel when you see them? What is it like to be in their presence? *Anchor that feeling*! The same efforts you take to help them make their life more enjoyable, relate to yourself in the same way.

1. What are some ways you can practice love and kindness?

2. Write down 5 ways you can nurture your self-care.