



Mind & Heart Connection

What processes or exercises do you engage in to create a balance between mind and heart ?

A large, empty rectangular area with a light gray background, intended for the user to write their response to the question above.

Describe how you are kind to yourself and grounded in making choices.

A large, empty rectangular area with a light gray background, intended for the user to write their response to the question above.

Journal exercise: How is kindness showing up in your life?

A large, empty light gray rectangular area intended for journaling. It occupies the majority of the page below the title, providing a space for the user to write their response to the journal exercise.