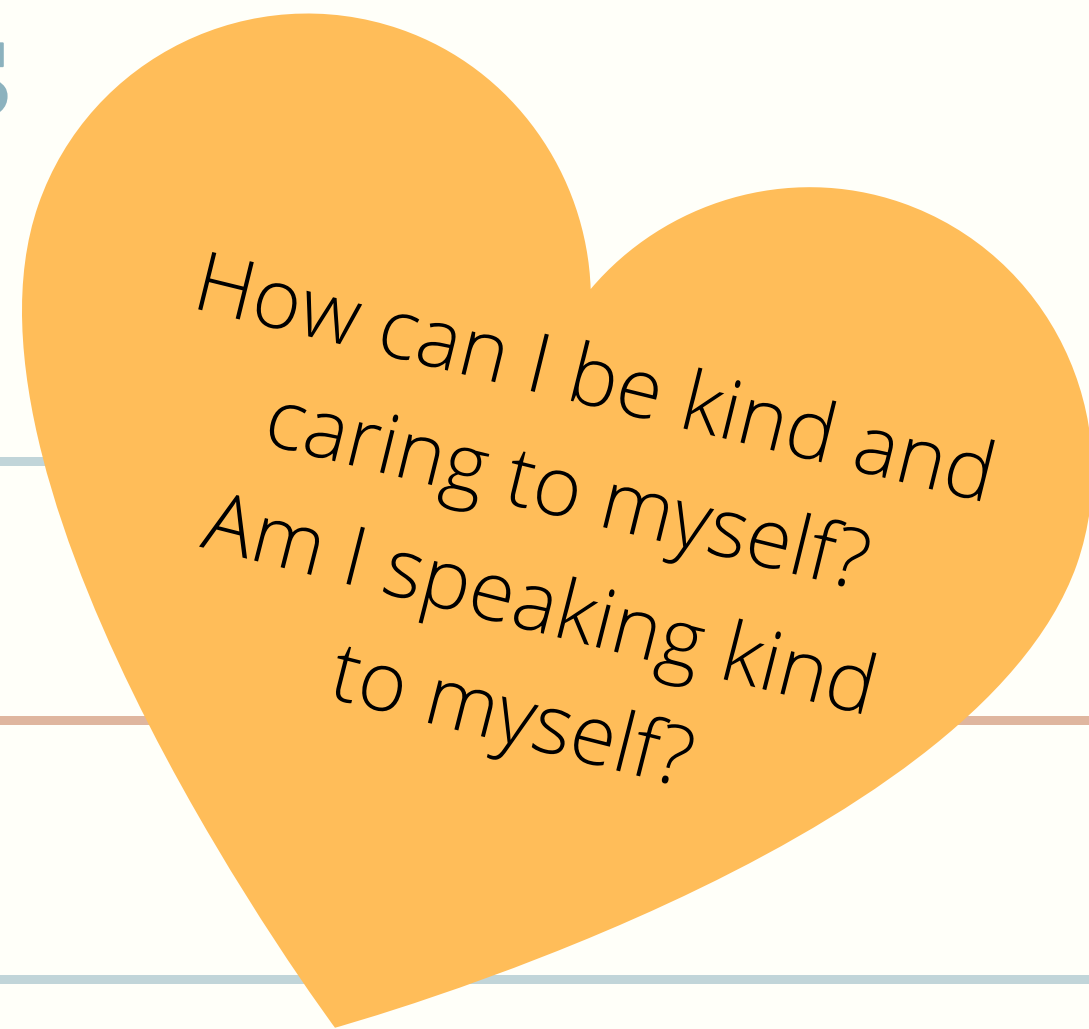
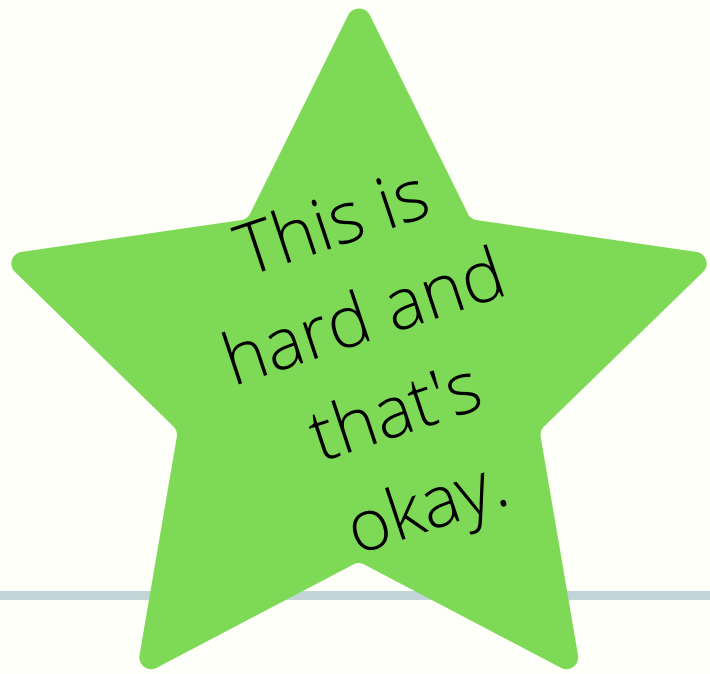


Self Compassion

SUCCESSFUL FAMILIES
SUCCESSFUL KIDS



May we be happy

Maybe we be peaceful

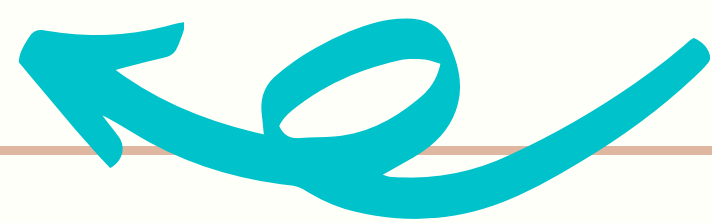
May we be filled with love

Maybe you be happy

Maybe you be peaceful

May you be filled with love

Point to/ or think of someone as you say this line!



May I be happy

May I be peaceful

May I be filled with love



Now put your hand on your heart and speak this to yourself!