



bite sized **KINDNESS**

GROUND YOURSELF

As a self-care practice, take a deep breath
and then acknowledge...



5

things you
can see



4

things you
can touch



3

things you
can hear



2

things you
can smell



1

thing you
can taste



bite sized **KINDNESS**

GRATITUDE

Start every meeting with gratitude. Share one thing you are grateful for today. Encourage your employees to do the same...all month long.

