

TO Others

1	6
2	7
3	8
4	9
5	10

Total

WITH Others

1	6
2	7
3	8
4	9
5	10

Total

Keys to Self Kindness

6
7
8
9
10



The "Challenge"

6
7
8

Others	

Myself	

Relationships	

Emotions	

Acceptance	



Total

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