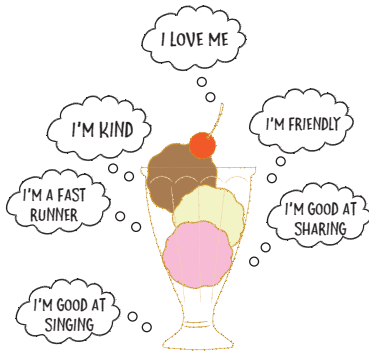
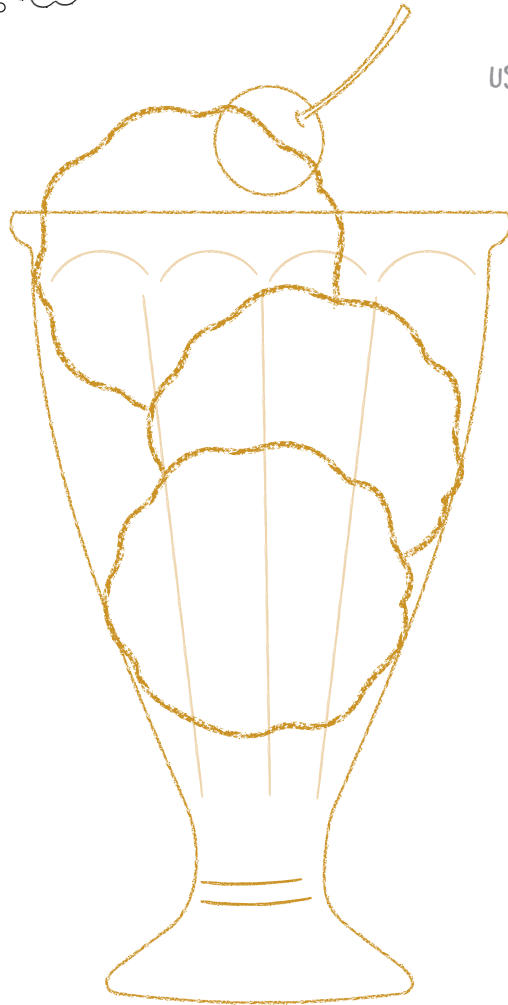


# Magic Mindful Moment

I want you to think of yourself as an ICE CREAM SUNDAE!  
Mmmmmm! Yummy! Think of which 3 ice creams you enjoy the most  
and at the same time think of 3 things you love about yourself.  
It doesn't matter what it is.



WITH PENCILS OR PENS, FILL IN EACH ICE CREAM SCOOP. AS YOU DO, REALLY THINK ABOUT THE THINGS YOU LOVE ABOUT YOURSELF. THEN AT THE TOP, FILL IN THE CHERRY WHILE THINKING: I LOVE ME, I LOVE ME, I LOVE ME!



USE PENS OR PENCILS TO FILL THIS IN!

