



Day 1

# Love

*Love is giving care and attention to yourself and others.*

## Moving

*Be relax as you move your body.*

Wiggle your fingers for 3 seconds.

## Breathing

*Sit in a quiet and comfortable place.*

- Take a big breath in.
- Hold your breath for 1 second.
- Let go of your breath.

## Believing

*Believe in these words as you think or say them.*

I am very loving to myself and others.

## Imagining

*Picture this situation in your mind.*

- Imagine you are watching TV in the living room.
- A special person comes to see you.
- You smile and hug this person.
- You say "I love you" to this person.

## Thanking

*Be genuinely appreciative.*

I am thankful for all the love I receive from everyone.

## Feeling

*How do you feel now?*



Happy



Peaceful



Sad



Other

# Journal



## Thinking

Who do you love the most and why?

Write or draw anything, such as thoughts, that emerged during the practice.

Day 2

# Peace

*Peace is a safe state where there is balance everywhere.*



## Moving

*Be relax as you move your body.*

- Rotate your wrists for 3 rounds.

## Breathing

*Sit in a quiet and comfortable place.*

- Take a big breath in.
- Hold your breath for 2 seconds.
- Let go of your breath.

## Believing

*Believe in these words as you think or say them.*

I am very peaceful in all situations.

## Imagining

*Picture this situation in your mind.*

- Imagine you are in a secret library filled with only wonderful books.
- You and several other people are reading books quietly.
- You feel really peaceful at the library.

## Thanking

*Be genuinely appreciative.*

I am thankful for all the peace in the world.

## Feeling

*How do you feel now?*



Happy



Peaceful



Sad



Other

# Journal



## Thinking

How do you think you can bring peace into this world?

Write or draw anything, such as thoughts, that emerged during the practice.

# Volunteer

*Volunteering is an activity where you give your time to help others.*



## Moving

*Be relax as you move your body.*

- Open and close your eyes for 3 counts.

## Breathing

*Sit in a quiet and comfortable place.*

- Take a big breath in.
- Hold your breath for 2 seconds.
- Let go of your breath.
- Repeat 1 more time.

## Believing

*Believe in these words as you think or say them.*

I enjoy volunteering very much.

## Imagining

*Picture this situation in your mind.*

- Imagine you are in a big park with an organization you volunteer for.
- You first pick a spot near the swings to create a garden.
- You then plant several beautiful flowers at this spot.
- Many people come to this garden to smell these flowers.

## Thanking

*Be genuinely appreciative.*

I am thankful that I can volunteer my time to help others.

## Feeling

*How do you feel now?*



Happy



Peaceful



Sad



Other

# Journal



## Thinking

What type of volunteering work would you like to do?

Write or draw anything, such as thoughts, that emerged during the practice.