

Mindful Loving Wishes for Your Daily Practice

May I be
loving, kind,
and gentle.

May I truly be
present to myself
and others.

May I accept
weaknesses
and nurture
strengths.

May I be
compassionate
with myself and
others.

May my
words inspire
confidence, joy,
and hope.

May I smile,
breathe, and
love deeply.

We hope you enjoy these **Mindfulness Circles**, with wishes as gentle reminders for your daily mindful loving practice.

Please print, clip the circles, and post them
in your home, car, and workplace.

♥ **Awakening the Mind & Heart, Blog Series©**
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