

**28 Days Of Being
Jolly Kind And Merry !**



Developing Your KindSet -The Big Plan



Developing Your KindSet -The Big Plan

Week 1. Being Kind to YOU!



Developing Your KindSet -The Big Plan

Week 1. Being Kind to YOU!

Week 2. Being Kind to Others



Developing Your KindSet -The Big Plan

Week 1. Being Kind to YOU!

Week 2. Being Kind to Others

Week 3. Being Kind to The Planet



Developing Your KindSet -The Big Plan

Week 1. Being Kind to YOU!

Week 2. Being Kind to Others

Week 3. Being Kind to The Planet

Week 4. The Dance!







Week 1 - Being Kind To You



Week 1 - Being Kind To You

The Challenge!



Week 1 - Being Kind To You

We're Often Kindest To What We
Value or Love The Most!



Week 1 - Being Kind To You

We're Often The Kindest To What We
Value or Love The Most!

And Not As Kind To What We
Value or Love **The Least!**



Week 1 - Being Kind To You

How Much Do You **Value**
and Love Yourself?



THE **V**itality **TEST**

www.TheVitalityTest.com

Understanding and Valuing Yourself



Week 1 - Being Kind To You

1. Gratitude



Week 1 - Being Kind To You

1. Gratitude

2. No Beating Yourself Up



Week 1 - Being Kind To You

1. Gratitude
2. No Beating Yourself Up
3. Little Acts of Kindness Each Day



Week 1 - Being Kind To You

1. Gratitude

2. No Beating Yourself Up

3. Little Acts of Kindness Each Day

Share and let us all know.

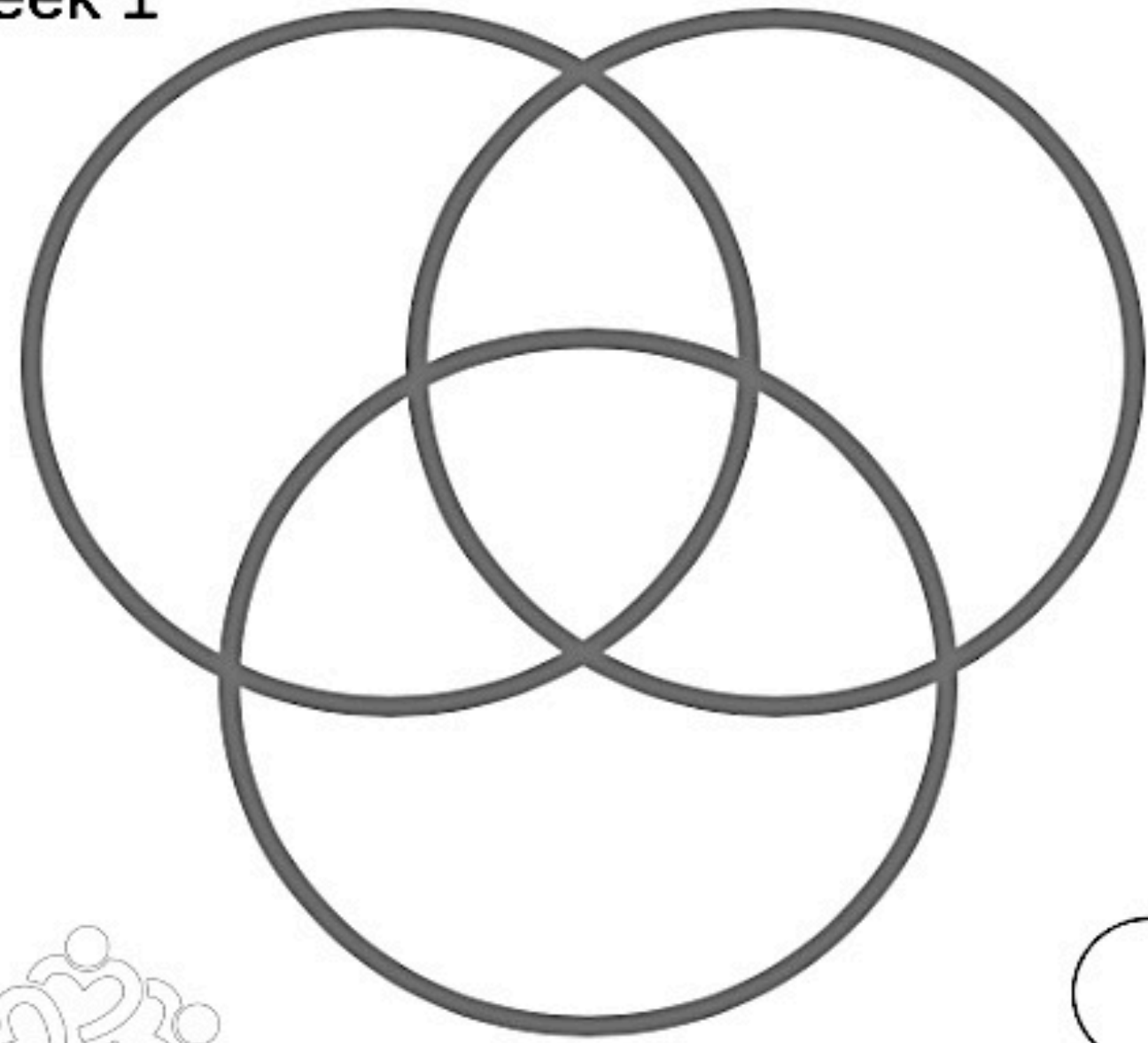


In FB Group - www.facebook.com/groups/TheVitalityTest/

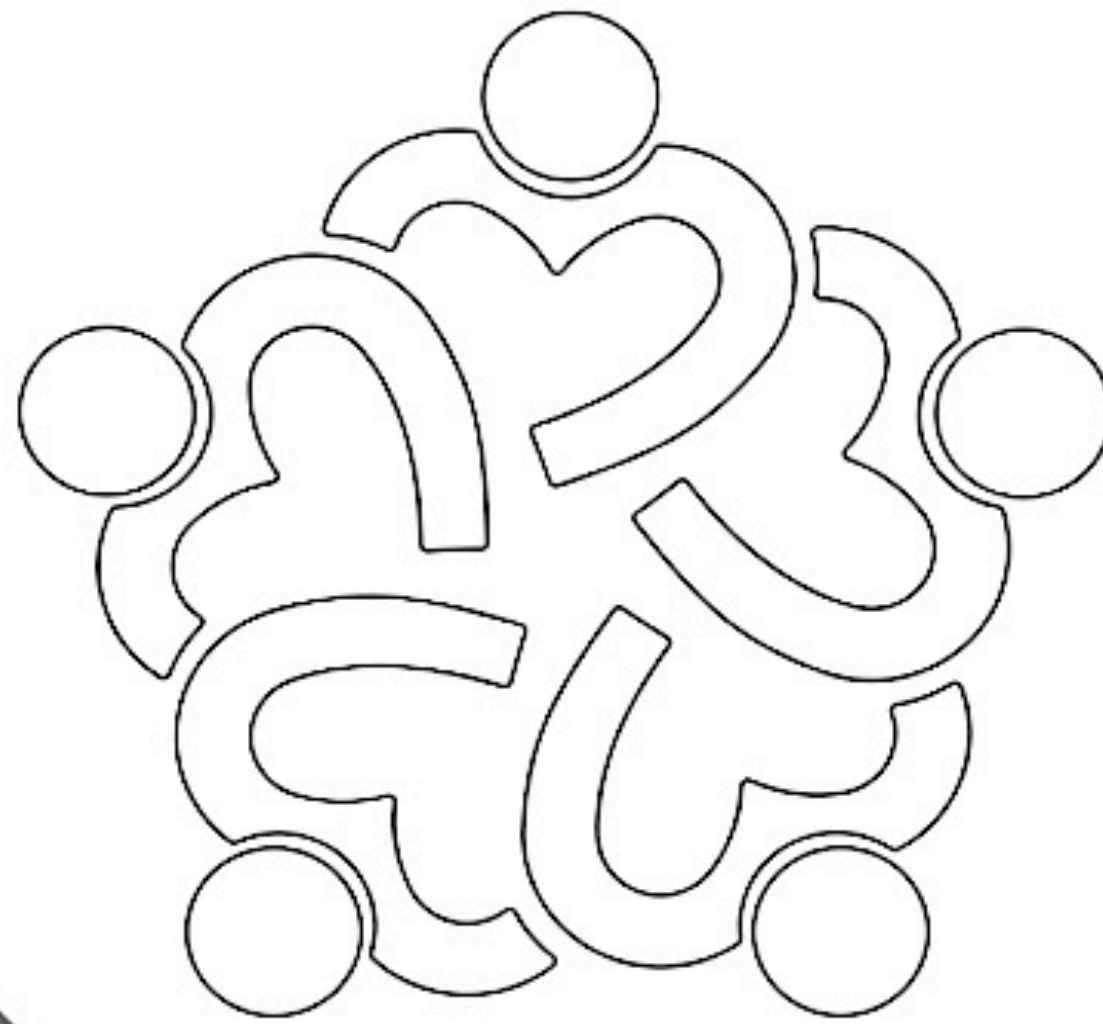
On Twitter and Instagram use #KindSet or #kindset



Week 1

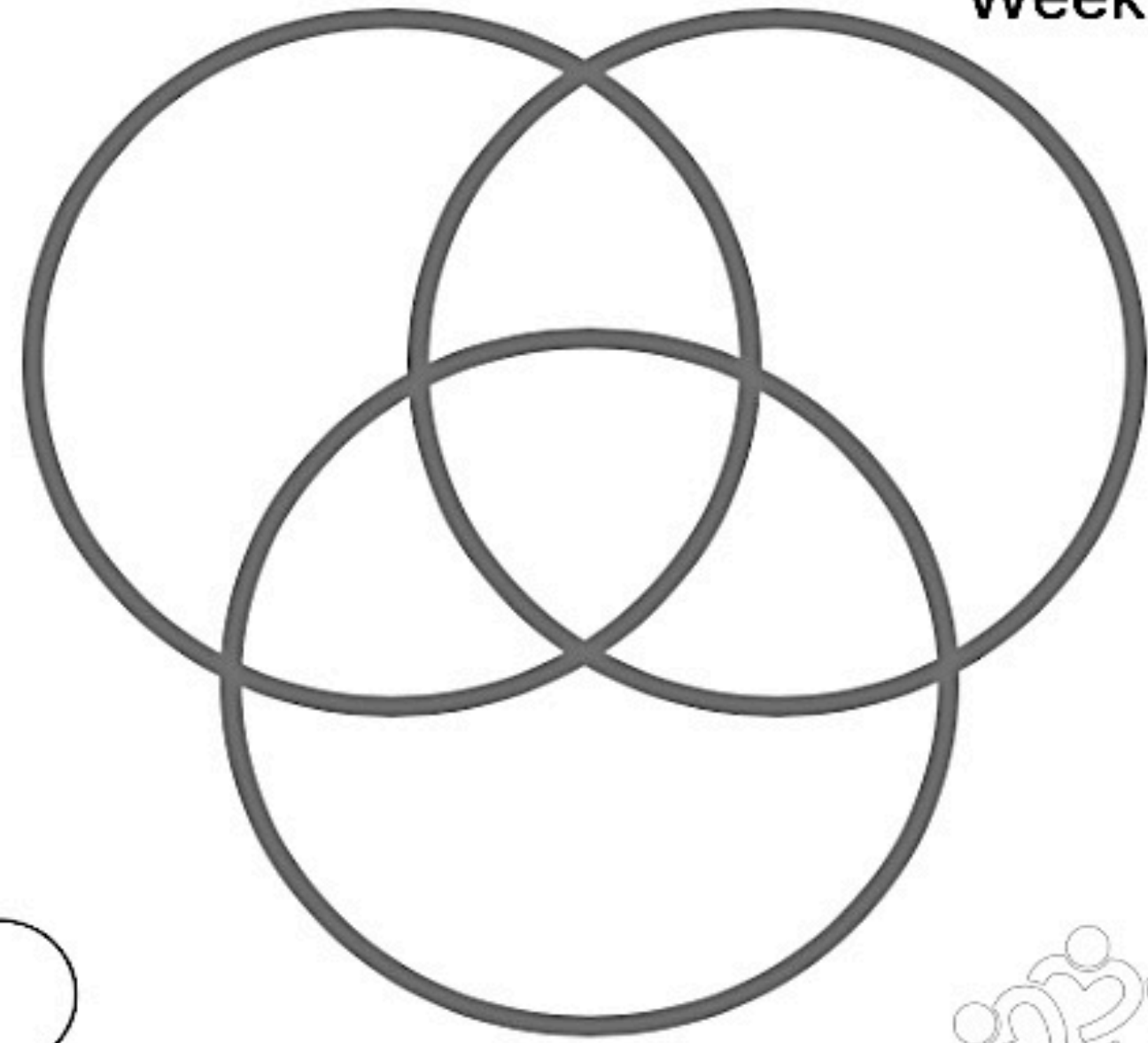


**Five Institute
Kindset Cafe
28 day plan**

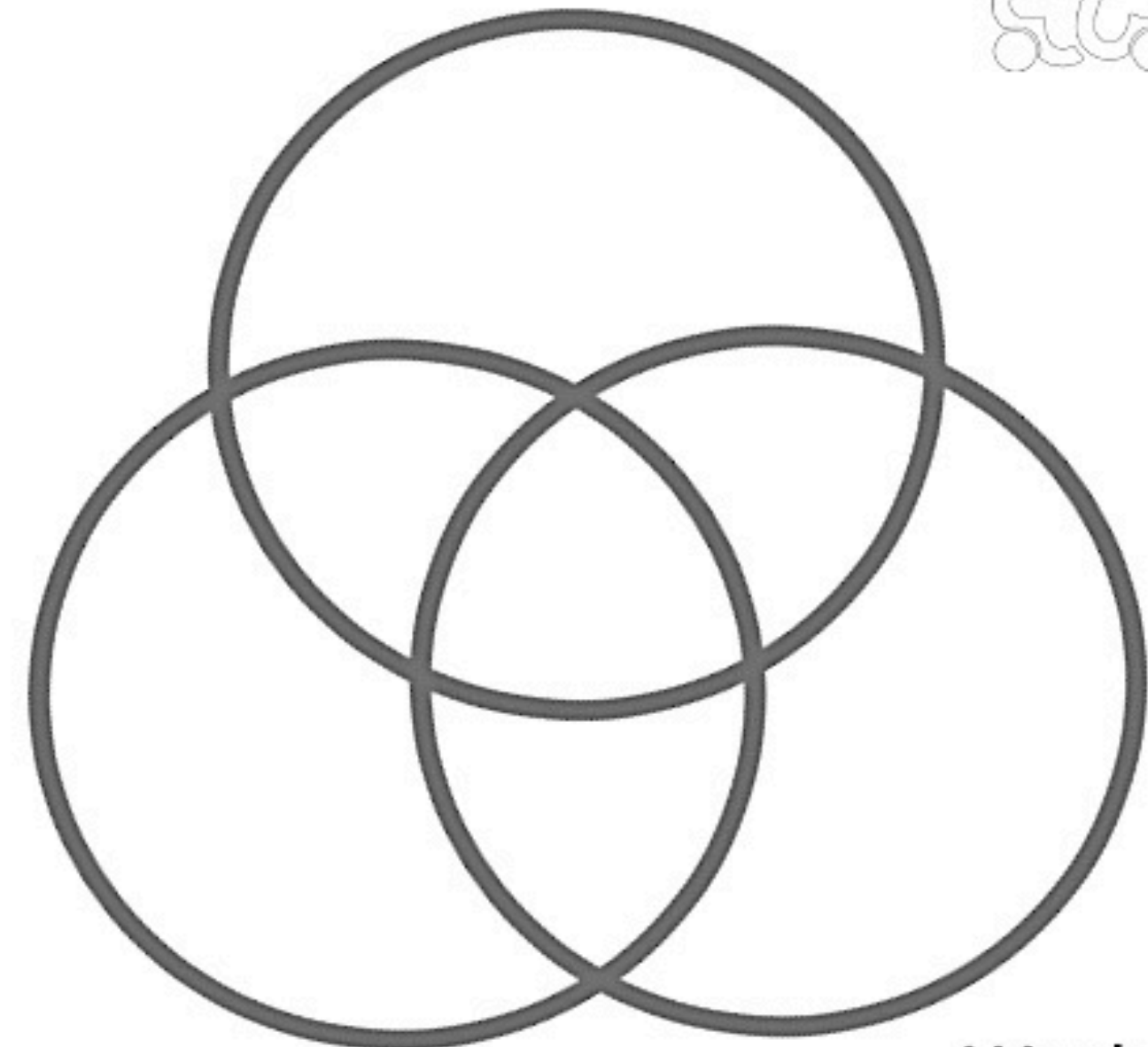
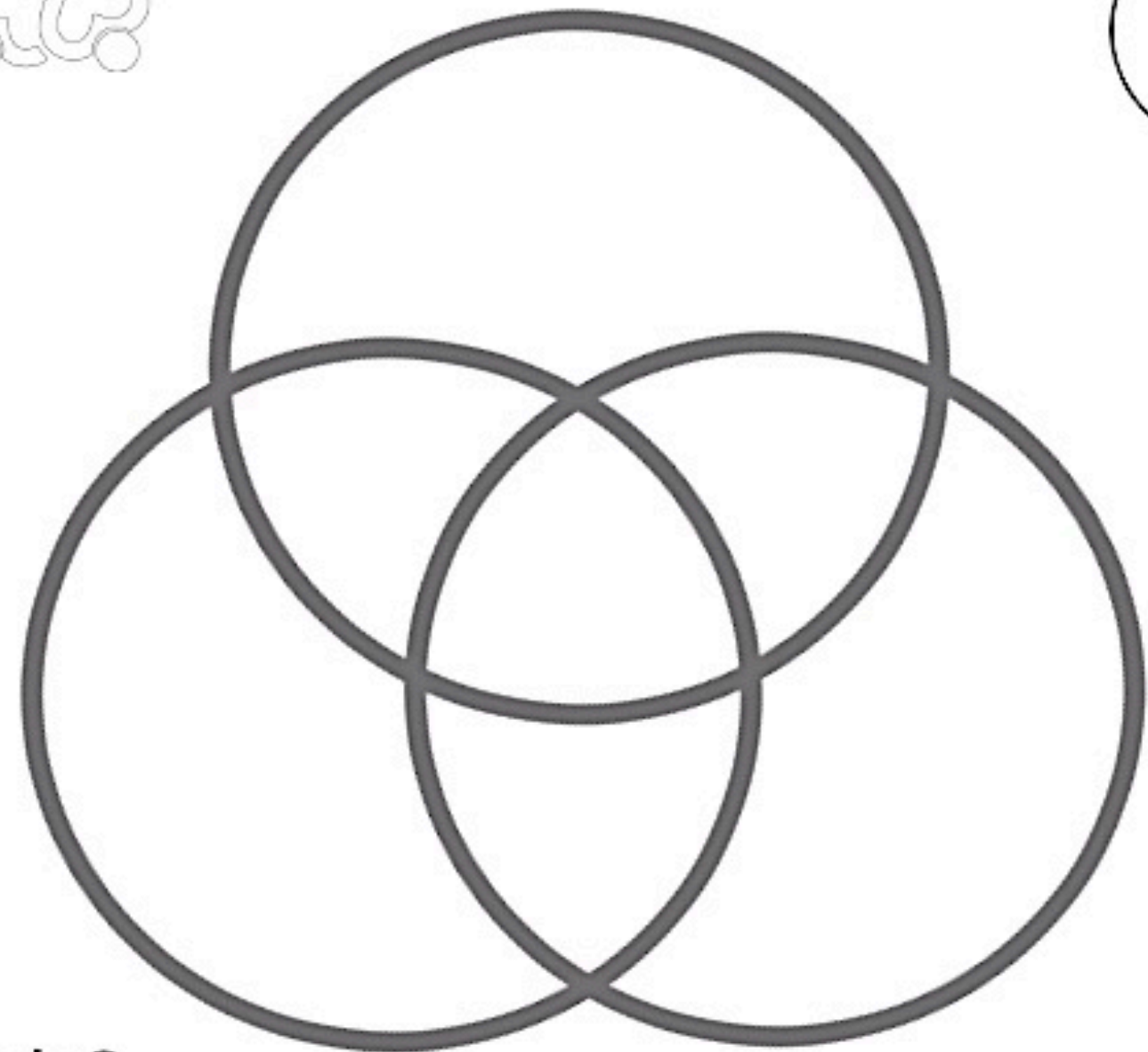


**I choose
to be
kind to myself
too!**

Week 2

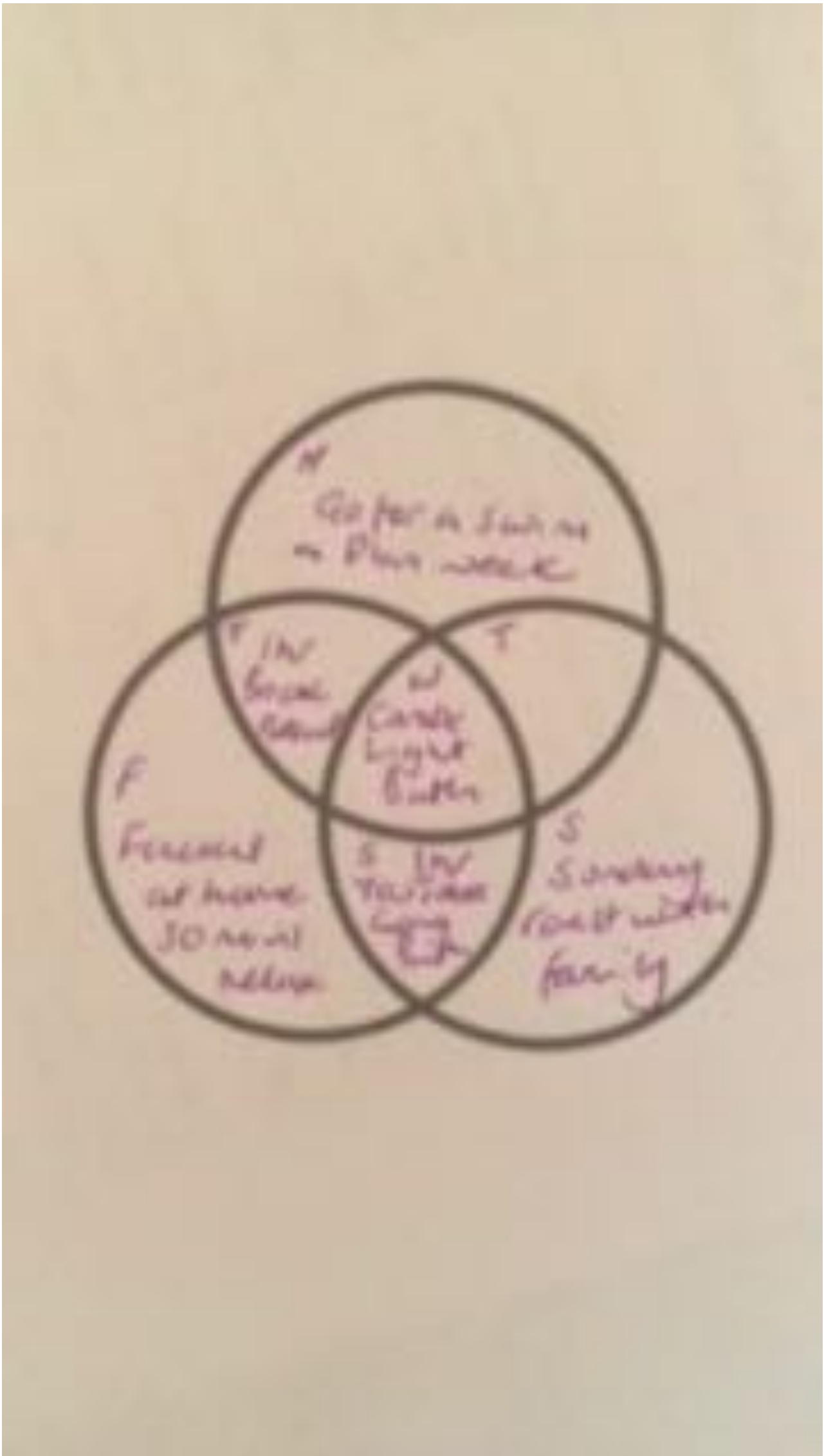


Week 3



Week 4





If you want the Goodies Register Here

www.FiveInstitute.com/28-days

