

**30** (DAYS): DAY 7

*"Our task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." –Rumi*

**1** (PERSON): EXTENDED FAMILY

Who Are They: \_\_\_\_\_

Why Do They Deserve Kindness: \_\_\_\_\_

What's Your Favorite Thing About This Person? \_\_\_\_\_

\_\_\_\_\_

**10** (MINUTES): PUT KINDNESS INTO ACTION

Go back through old photos and find a picture of the two of you. Send it to them and tell them why it's a positive memory for you.



**Did you do it?**  YES!  NOT YET

If yes, what did you learn? If not yet, what got in the way?

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