

**10 FREE THINGS
TO PRACTICE THIS
WEEKEND**

- 1. Kindness**
- 2. Empathy**
- 3. Patience**
- 4. Tolarance**
- 5. Grattitude**
- 6. Compassion**
- 7. Forgiveness**
- 8. Accountability**
- 9. Understanding**
- 10. LOVE.....**