

## KINDNESS

May there be kindness in your gaze when you look within.

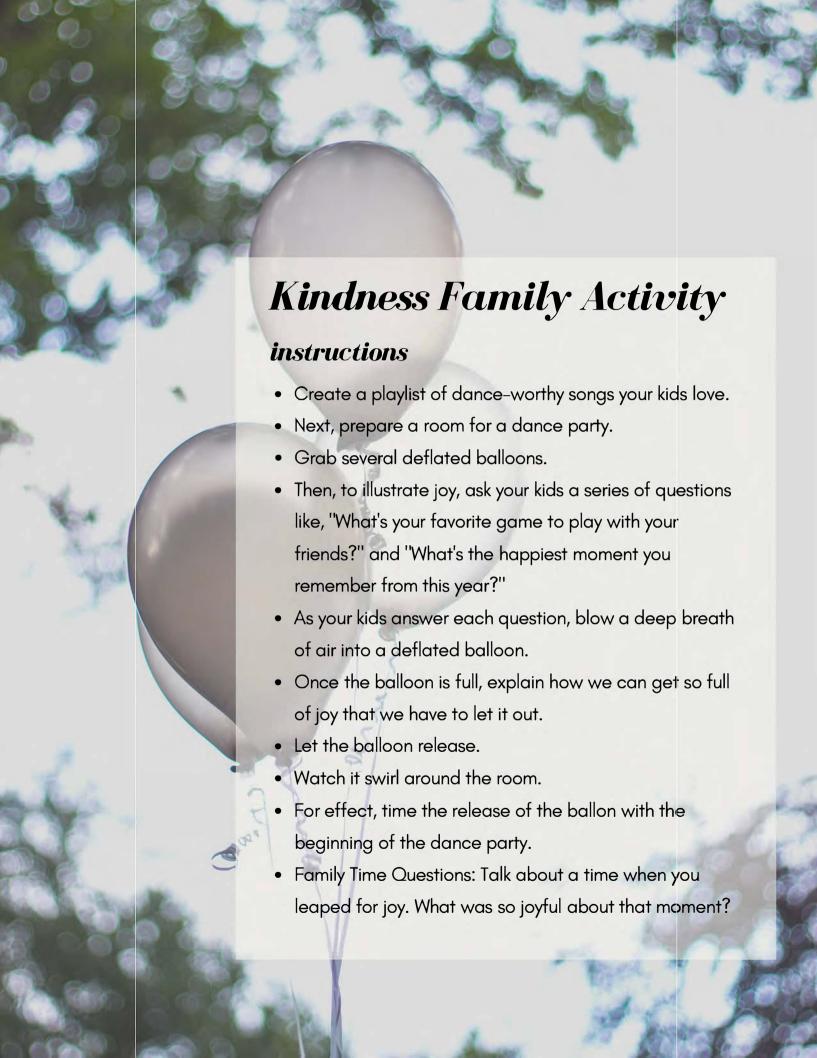
John O'Donohue

## DIALOGUE WITH YOUR SPOUSE

- Think of a time recently that you have been "less than kind" to your spouse (write it down)
- What's the worst part about this for you?
- Think about what you could have done differently
- Tell your spouse what you should have done differently
- Going forward, should (I) we do anything differently or make changes?

## SHARE IN YOUR PARTNER'S JOY

- How have I shared in my partner's joys?
- How did I engage wholeheartedly and be a part of the excitement?





A GRATEFUL DAY

