

### The Kindness Reflection

- **May you be safe**
- **May you be healthy**
- **May you be happy**
- **May you live with purpose**
- **May you live with ease**

REMINDERS: Reflecting on this list of well wishes before or while you are meeting with someone you are having difficulty with has two benefits. First, you will develop a calmer more compassionate attitude. This will not weaken your resolve, it will keep you grounded and focused as you communicate. Second, wishing well for someone you have difficulty with will remind you that you certainly deserve all of the above.