

### 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