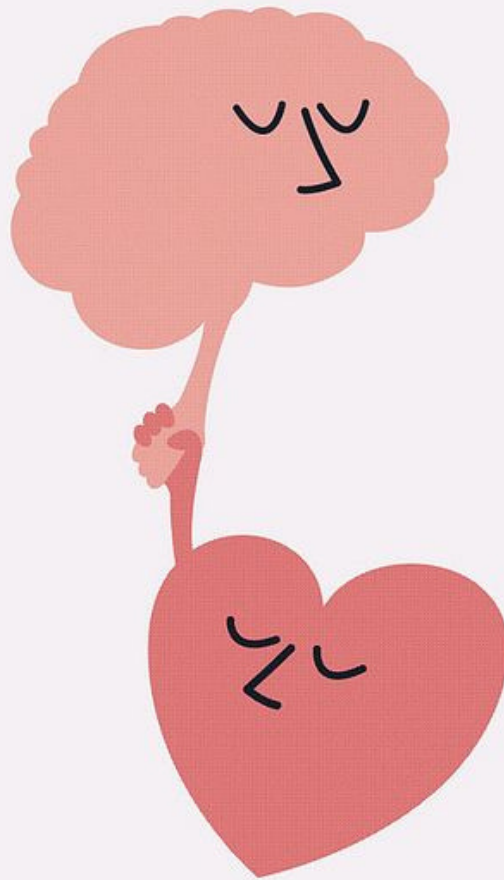


# DEVELOPING AN UNCONDITIONAL FRIENDSHIP

*With Ourselves*



**Work (and life) is hard a lot of the time!** One of the best ways we can support ourselves is by developing an attitude of kindness. Mindfulness is a way of befriending ourselves and our experience. Through intentional practice, we can train our mind as an ally that we can rely on as we navigate all of life's ups and downs.

