

Kind Attention Homework

Everyday – morning ideally..

1. ~ Read and meditate Psalm 139:13-14
 - ~ Journal the intrusions...i.e. unbidden thoughts, songs, noises
 - ~ Journal efforts to stay or regain focus, i.e. re-reading, closing eyes
2. ~ Place your hand over your heart (it releases oxytocin)
 - ~ Say to yourself , “Good Morning, I love you (your name)”