



Little Seeds of Mindfulness

# MY LITTLE CERTIFICATE OF BIG HEARTS

Awarded to:

.....

For planting Little Seeds of Mindfulness every single day. By finishing your "**Library of Big Feelings**," you've helped your inner sprout grow big and strong.

Yay! You did it!

**Keep growing, little sprout!**

Date: \_\_\_\_\_

With love, from Alia Sallam,  
Founder of Little Seeds of Mindfulness