



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