



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