

Ik hou van mij met heel mijn hart

Doe vooraf de meditatie 'Vriendelijkheid voor jezelf'.

Schrijf op de volgende pagina's allemaal complimenten voor jezelf, groot en klein. Het maakt niet uit.

Durf ze te zien. Heb je niet genoeg pagina's, print er gewoon meer bij.

Knip ze daarna uit.

Je kunt ze in een doosje of een pot bewaren.

Pak bijvoorbeeld elke dag een compliment-kaartje.

Voel het compliment in je hart.

Hoe mooi is het om hier de dag mee te beginnen: met een blij hart.

Je kunt de pot blijven aanvullen, ook door anderen.

Steeds meer 'Ik hou van mij met heel mijn hart'

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