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BRING MORE
HEART
INTO YOUR
BUSY LIFE

..... #HEARTSPARK

Ever feel like your to do lists nudge the heart and soul out of life?

If that's a yes then join the **#heartspark** challenge.

#heartspark is an experiment sparked by www.mindfulinmay.org
Start any time and commit to bringing more heart and soul into life.

*Think of 20 things you could do to bring more heart and soul into your day?
(They could take 2mins or 2 hours).*

- | | | | |
|----|-----|-----|-----|
| 1. | 6. | 11. | 16. |
| 2. | 7. | 12. | 17. |
| 3. | 8. | 13. | 18. |
| 4. | 9. | 14. | 19. |
| 5. | 10. | 15. | 20. |

#HEARTSPARK

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What are 5 songs that make your #heartspark that you could tune into during the day?

List 5 people in your life that make your #heartspark and write them an email, letter or card of gratitude for no reason and notice how just writing it makes your #heartspark.

*What is one random act that could #heartspark someone close to you and help them reconnect with more heart and soul in daily life?
(Hint: cook them a meal, give them a foot massage, ask them what makes their #heartspark and surprise them with it in the next week.)*

