



#### Allow Your Eyes to Radiate the Love in Your Heart



## Always Greet Others with a Kiss When They Come Through the Door



### Bask in the Seasons

Photo taken at Brenton Arboretum, Iowa.



#### Bask in the Sunlight as You Listen to Great Music

Photo taken in Dallas, Texas.



# Be Patient in an Airport and Be Adventurous in Travel

Photo taken in Dallas, Texas.



### Bundle Up and Play with Others

Photo taken at Maffitt Lake, Iowa.



#### Get Out in Nature and See Things from a New Perspective

Photo taken at Atlanta State Park, Texas.



Savor the Sunshine and Coffee in Your Jammies in the Mornings Together



## Consider Journaling as a Way to Understand Your Feelings



### Let Others Love on You

Photo of Sterling and Everest taken in Dallas, Texas.



### Draw Close to Others That Aren't Like You

Photo taken in Waco, Texas.



### Find Someone You Can Look Up To

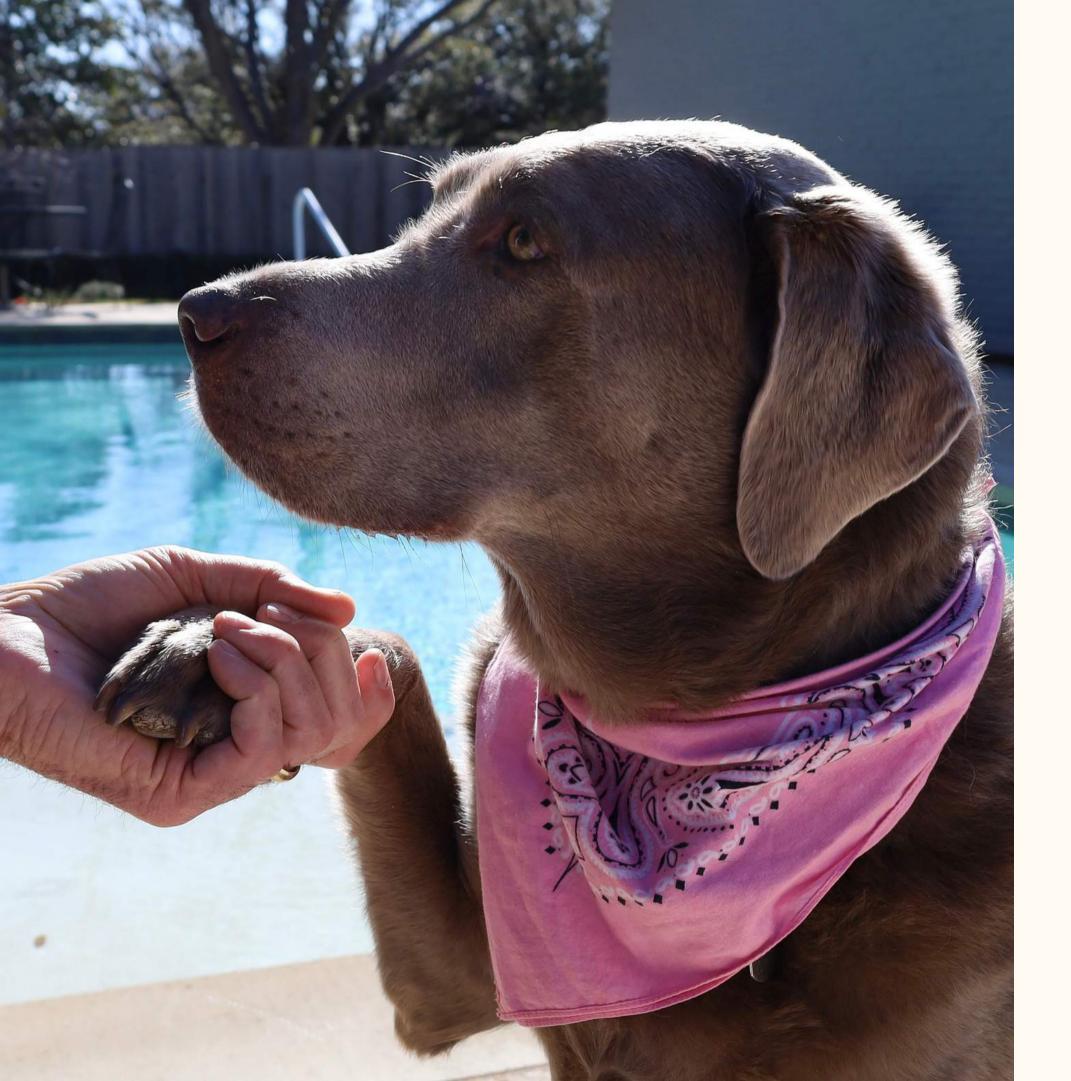
Photo of Sterling and Everest taken in Dallas, Texas.



## Day 13 Give Lots of Kisses



## Day 14 Help with the Dishes



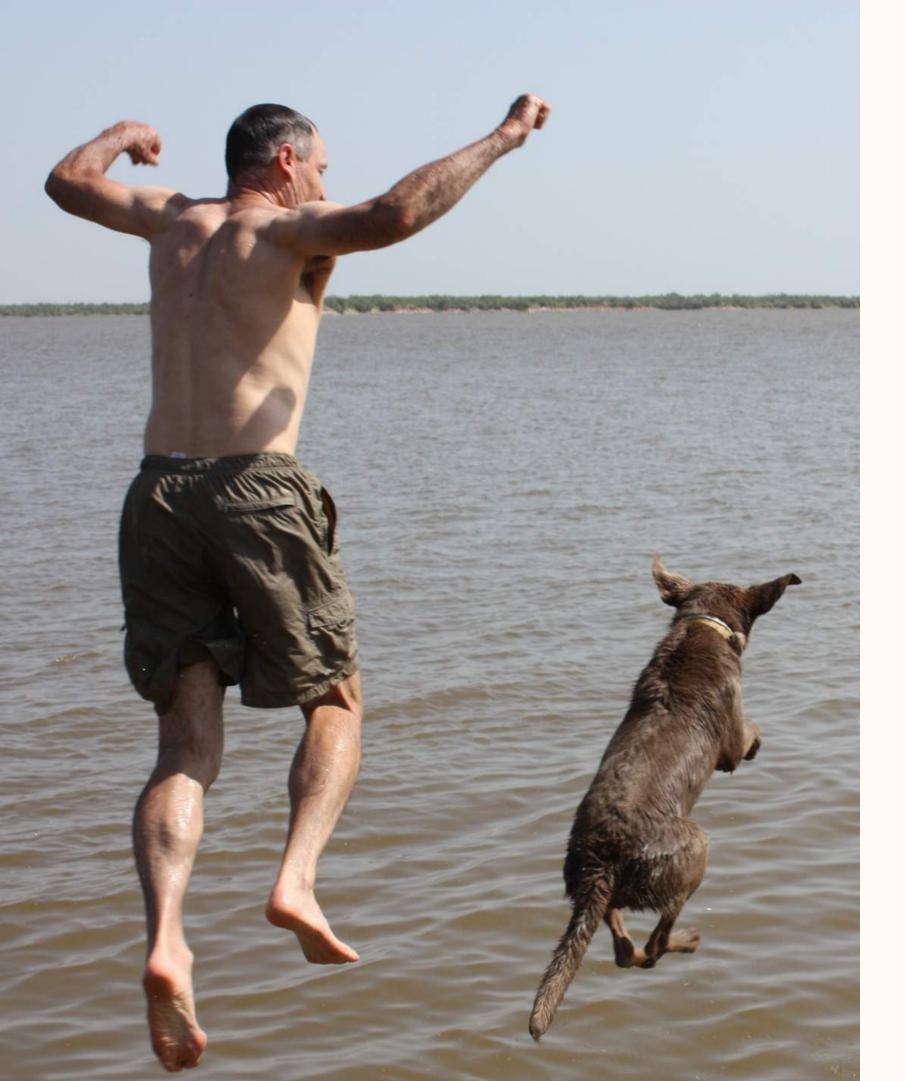
## Day 15 Hold Hands Often

Photo taken in Dallas, Texas.



## Hold Others Up

Photo taken in Dallas, Texas.



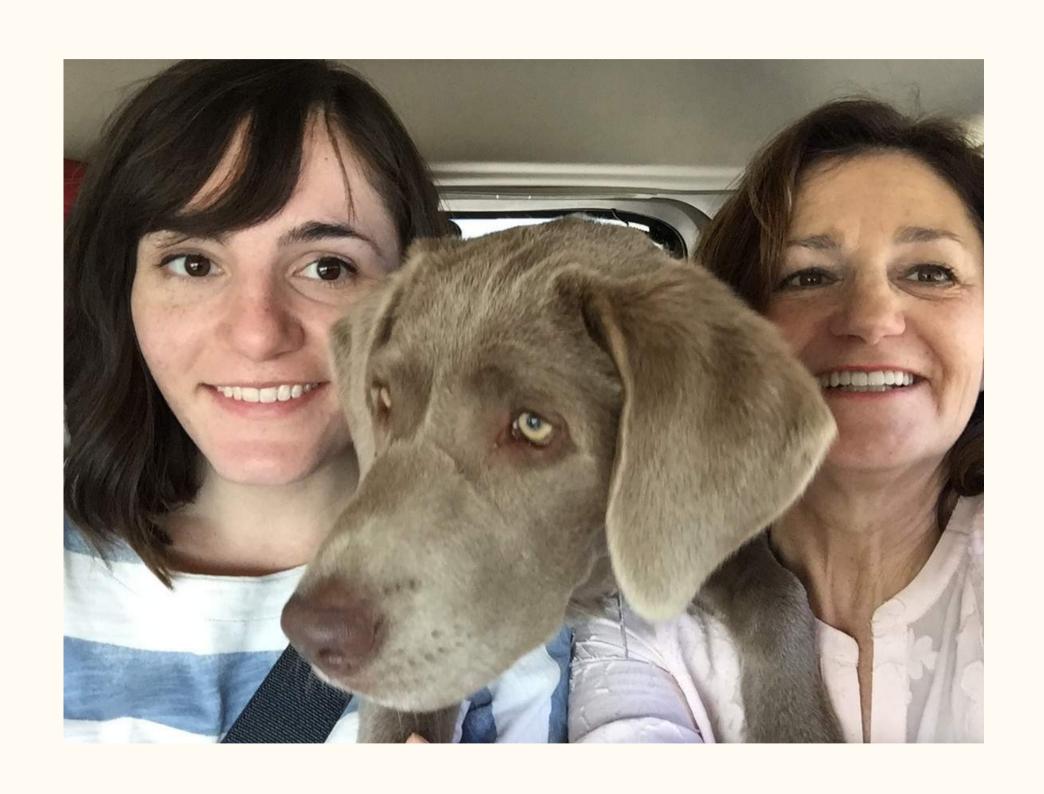
Just Jump

Photo taken at Lake Kemp, Texas.



## Take Lots of Pics with Friends and Cherish the Moment

Photo of Sterling and Everest taken in Dallas, Texas.



Put Your Hand on the Shoulder of Others for Support



## Run and Play with Joy

Photo taken at Walnut Woods, West Des Moines, Iowa.



## Day 21 Savor the Snow

Photo taken at Walnut Woods, West Des Moines, Iowa.



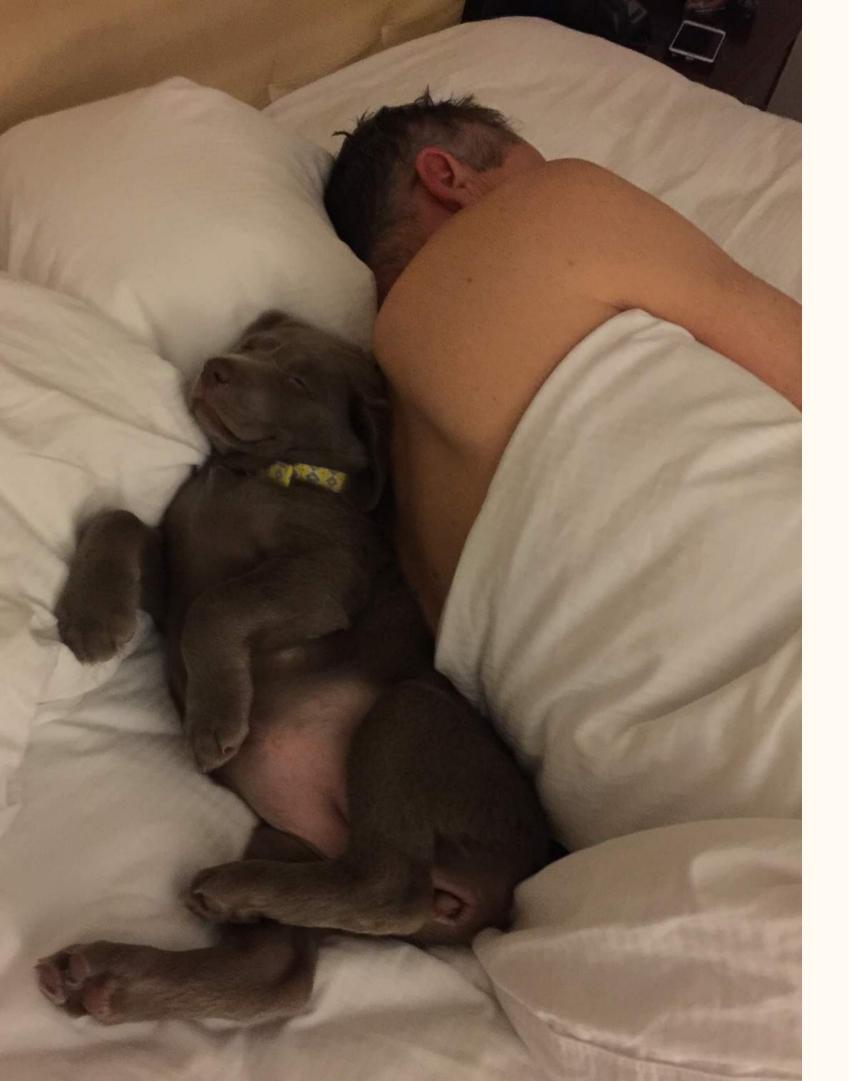
### Savor the Sunsets

Photo taken at Red Rock Lake, Iowa.



### Spend Time in Wildflowers

Photo taken at Canyon Creek Nature Preserve, Richardson, Texas.



#### Stay in Fun Hotels and Sleep in Once in a While

Photo taken in Kansas City, Kansas.



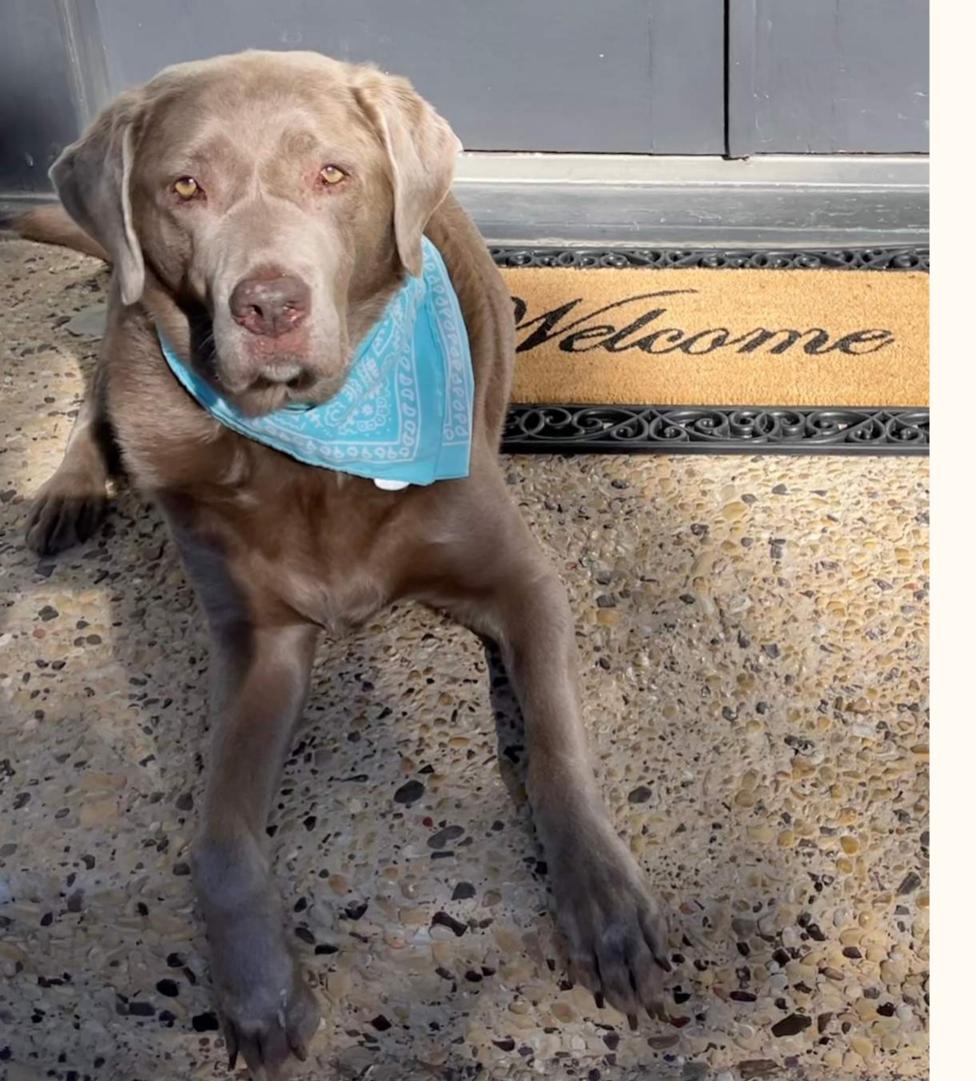
#### Take Tongue-Wagging and Multi-Step Walks with Others

Photo taken at Caddo State Park, Texas.



## Teach Others the Finer Things in Life

Photo of Sterling and Everest taken in Dallas, Texas.

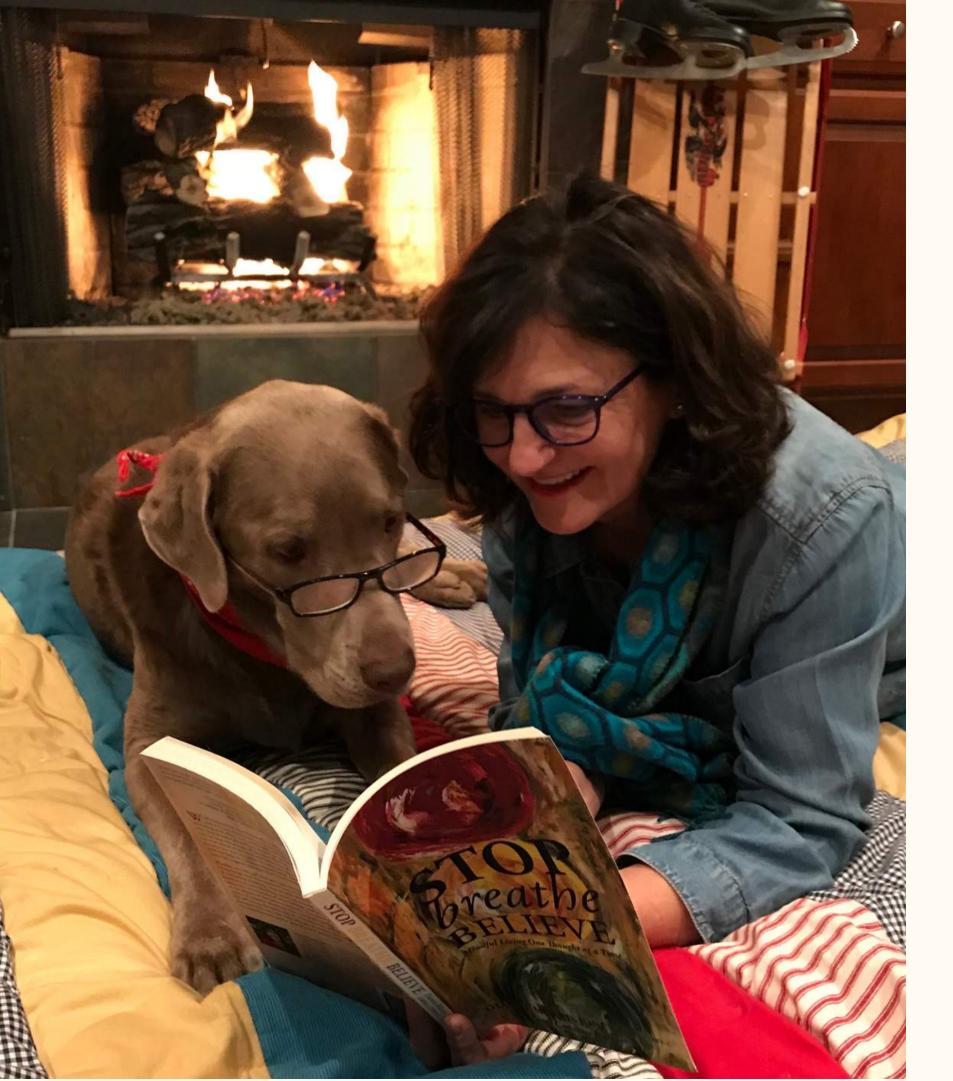


#### Welcome Others into Your Home and Your Heart

Photo taken in Dallas, Texas.



## Be Present with Your Friends When They are Sick

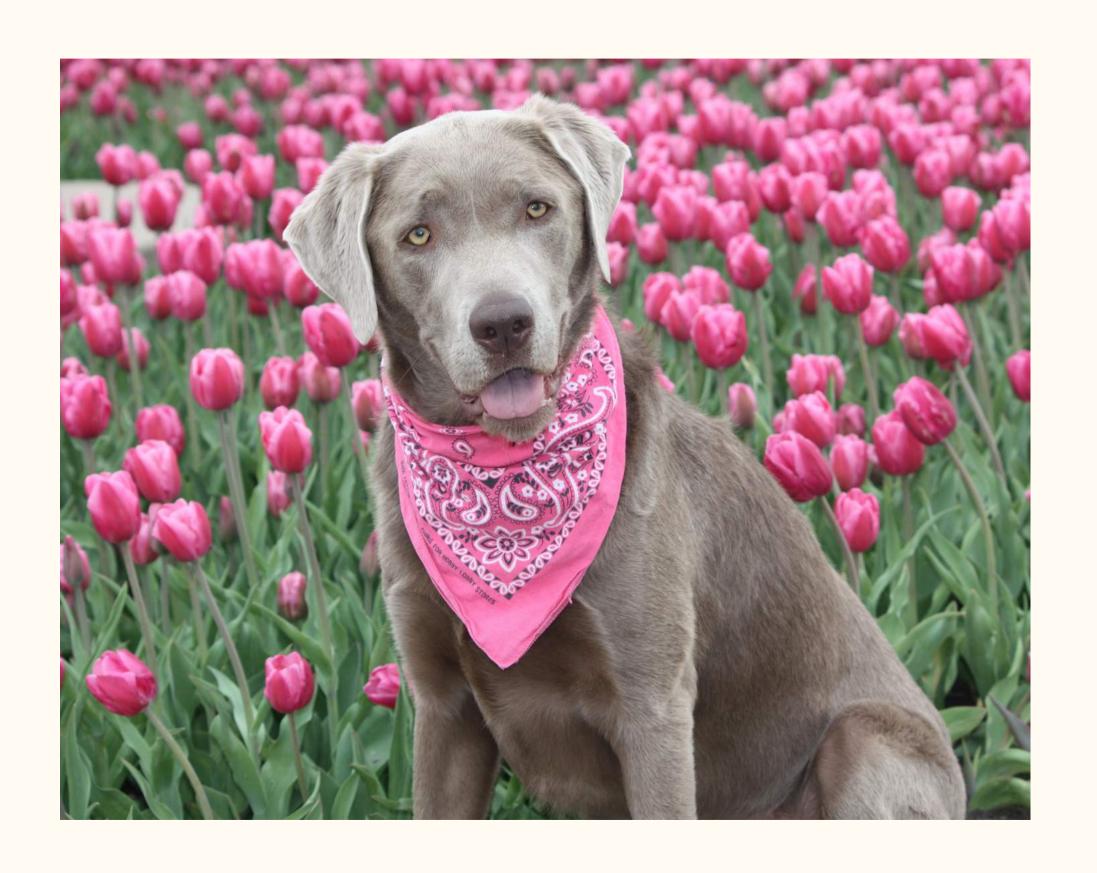


Reading Enriches Your Life - Fireside is a Bonus



# Paint Your Nails with a Friend - Self-Care is Not Selfish

Photo taken in Dallas, TX



### Take Time to Smell the Flowers

Photo taken in Pella, Iowa.