



Sometimes the holidays can feel like a zoo -
so I made a little survival kit designed just for you!

INSIDE YOU'LL FIND

Mints for when your tummy is stressed
A Napkin to help you clean up a mess
A Bandage to fix what's not working right
A candle to remind you to shine your light
A compass to keep you from losing your way
Tea to relax you at the end of the day
A match for when you're feeling burned out
Kisses to remind you you're cared about
Confetti to help you have fun
A Marble for when you've lost your last one
A string to tie up any loose ends
And love to share with your family and friends





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