



KINDNESS



DONT MISS OUT ON YOUR DAILY INTROSPECTION!!

Mention a situation today where you feel you could have been kinder.

How did the situation make you feel?

How could you have reacted to the situation?

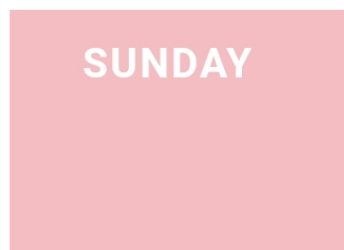
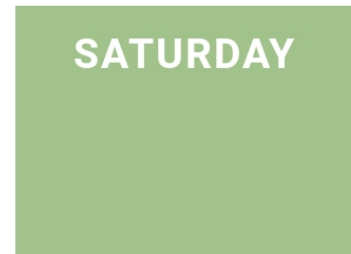
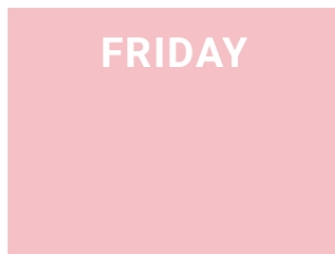
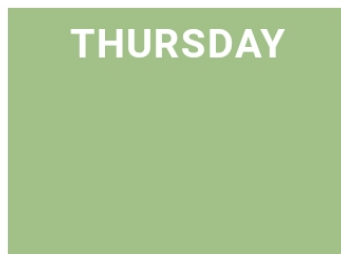
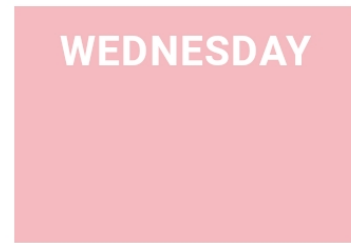
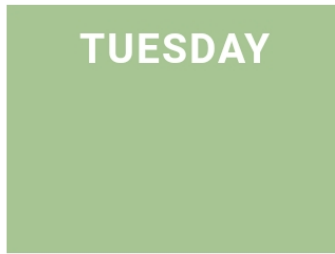
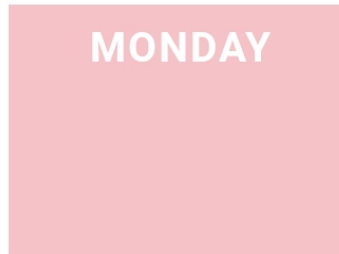
Write about an act of kindness you performed today. How did it make you feel?

Decide on 3 things you didn't do today but want to do tomorrow. List them!





KINDNESS SPOT CARD



- How did you show kindness
- Put a on a specific day for an act of kindness