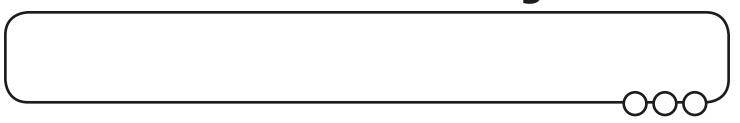
## Kindness Diary



Through the week, keep a kindness diary.

Write down times when you were kind to others and when others were kind to you.

Weekday	Act of Kindness
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

