

30 (DAYS): DAY 4

*"Other things may change us, but we start and end with the family."*  
 –Anthony Brandt

1 (PERSON): FAMILY MEMBER

Who Are They: \_\_\_\_\_

Why Do They Deserve Kindness: \_\_\_\_\_

What's Your Favorite Thing About This Person? \_\_\_\_\_

\_\_\_\_\_

10 (MINUTES): PUT KINDNESS INTO ACTION

Send a family member a picture of your face smiling and tell them one reason they make you happy.



**Did you do it?**  YES!  NOT YET

If yes, what did you learn? If not yet, what got in the way?

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