

30 (DAYS): DAY 8

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within." –Elisabeth Kubler-Ross

1 (PERSON): EXTENDED FAMILY

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Find a present that this person gave you on a holiday or birthday. Video call them and tell them how much you appreciate it still!



Did you do it? YES! NOT YET

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