

30 (DAYS): DAY 13

"Don't make friends who are comfortable to be with. Make friends who will force you to level yourself up." –Thomas J. Watson

1 (PERSON): FRIEND

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Send a voice message to this person that lasts at least 2 minutes and tries to capture as many good things as possible in a short period of time.



Did you do it? YES! NOT YET

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