

30 (DAYS): DAY 14

*"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."*

–Dale Carnegie

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

Call their family and give them a second-hand compliment. Thank them for being great parents or siblings or guardians and show appreciation for how they helped raise such a wonderful human being.



**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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