

30 (DAYS): DAY 16

"They may forget what you said - but they will never forget how you made them feel." –Maya Angelou

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

Go through any old books and find one that you think this person would like. Write a little note on the inside cover about why you're passing it on. If you don't have one on hand, find an excerpt or a poem you can print or share and write a note about why it made you think of this friend.



Did you do it? YES! NOT YET

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