

30 (DAYS): DAY 17

"Tell me who you walk with, and I'll tell you who you are." –Esmeralda Santiago

1 (PERSON): A PERSON YOU ADMIRE

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Send this person a text or a call that sounds something like this: "There is so much negativity in the world, but you have always been _____. I admire you so much for your _____ and am constantly inspired when I think of you doing _____. The world needs way more _____ and a whole lot more You."



Did you do it? YES! NOT YET

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