

30 (DAYS): DAY 19

"Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong." —Ella Fitzgerald

1 (PERSON): A PERSON THAT INSPIRES YOU

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Try something new today based on this person's inspiration. Do it for 10 minutes, take a picture or video or journal about your experience, and (if possible) share with this person about how their life has inspired you to make your life that much better.



Did you do it? YES! NOT YET

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