



I am kind to myself and others exercise 1

RANDOM ACTS OF KINDNESS

Perform three random acts of kindness for others over the next week. Write about how it made you feel to be kind to someone else and the impact of these acts on both you and the other person.

My act of kindness had this effect on myself and the other person.

Date:

My act of kindness had this effect on myself and the other person.

Date:

My act of kindness had this effect on myself and the other person.

Date: