

30 (DAYS): DAY 1

"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive." –Howard Washington Thurman

1 (PERSON): YOURSELF

Why Do You Deserve Kindness Today?:

10 (MINUTES): PUT KINDNESS INTO ACTION

Write out one thing you love about your Past Self, one thing you love about your Present Self, and one thing you love about your Future Self. Put it somewhere you will see daily.



Did you do it? YES! NOT YET

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