

30 (DAYS): DAY 11

*"Life is partly what we make it, and partly what it is made by the friends we choose." –Tennessee Williams*

1 (PERSON): BEST FRIEND

Who Are They: \_\_\_\_\_

Why Do They Deserve Kindness: \_\_\_\_\_

What's Your Favorite Thing About This Person? \_\_\_\_\_

\_\_\_\_\_

10 (MINUTES): PUT KINDNESS INTO ACTION

Create a playlist with the top 5 songs that remind you of your friendship and commit to hanging out with your best friend (in person or online), listening to each track, and reminiscing on good times.



**Did you do it?**  YES!  NOT YET

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

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