

30 (DAYS): DAY 21

"My father didn't tell me how to live; he lived and let me watch him do it."
 –Anonymous

1 (PERSON): A ROLE MODEL YOU KNOW PERSONALLY

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Give this person a call and let them know these 3 things: 1) Why your life has been made better because of them, 2) What you've learned from being around them, and 3) How you will continue to improve because of their incredible-ness.



Did you do it? YES! NOT YET

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