

30 (DAYS): DAY 22

*"When you see a role model, what you see is a person who has the courage to be who you wish you could be. Stop wishing and just be." –Anonymous*

1 (PERSON): A ROLE MODEL YOU'VE NEVER MET

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

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

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

\_\_\_\_\_

10 (MINUTES): PUT KINDNESS INTO ACTION

Write out the 3 things you most admire about this person. Below each thing, write how you will choose to practice this thing or live it out in your own life. Share about this person with one other friend so they can be inspired, too!



**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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