

30 (DAYS): DAY 23

"All human beings are my neighbors. We share the same planet." –Ana Monnar

1 (PERSON): A NEIGHBOR

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Create an I.O.U. card for a neighbor you know that has your name, a way to contact you, and a silly offer that says you'd be up for giving your time to help with. Maybe it's to watch their dog, pluck some weeds, or bring over some extra milk when they've poured cereal and realized they were out.



Did you do it? YES! NOT YET

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