

30 (DAYS): DAY 25

*"A stranger is simply a friend you have not met yet."* –Yes Theory

1 (PERSON): STRANGER

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

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

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

\_\_\_\_\_

10 (MINUTES): PUT KINDNESS INTO ACTION

Write a short, anonymous poem about why the world is beautiful and why everyone deserves kindness and post it in a public space.

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

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_