

30 (DAYS): DAY 26

"You treat a disease, you win, you lose. You treat a person, I guarantee you, you'll win, no matter what the outcome." –Patch Adams

1 (PERSON): SOMEONE WHO WORKS IN HEALTHCARE

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Send a message or post online for someone who works in healthcare that sounds like this: "I know there are days where you feel exhausted and that this work is really hard. I just want to remind you that you are _____ and that you bring _____ to people every day. You are a hero to me because _____."



Did you do it? YES! NOT YET

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