

30 (DAYS): DAY 28

"I'm convinced that probably everyone you meet is fighting a battle you know nothing about. It's just one more reason to always try to be kind." –Yolanda Hadid

1 (PERSON): BEST FRIEND

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Send this person 5-7 pictures of all your worst face angles with a caption like, "You're the only person in the world I would trust to send these to. Thanks for loving me from all angles."



Did you do it? YES! NOT YET

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