

30 (DAYS): DAY 29

"For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone."

—Audrey Hepburn

1 (PERSON): YOURSELF

Why Do You Deserve Kindness Today?:

10 (MINUTES): PUT KINDNESS INTO ACTION

Spend 10 minutes disconnected and in silence. Close your eyes and picture your favorite moments from this past month related to Kindness. Hold each moment in gratitude. Breathe deeply and say, out loud, "I've done good for myself, for my friends, for my family, and for the world."



Did you do it? YES! NOT YET

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