

30 (DAYS): DAY 3

"When you say 'Yes' to others make sure you are not saying 'No' to yourself."
—Paulo Coelho

1 (PERSON): YOURSELF

Why Do You Deserve Kindness Today?:

10 (MINUTES): PUT KINDNESS INTO ACTION

Challenge 3 friends to send you a picture of what they believe will most make you say, "Awwwww."



Did you do it? YES! NOT YET

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