

# 30 (DAYS): DAY 30

*"To be nobody but yourself in a world which is doing its best day and night to make you like everybody else means to fight the hardest battle which any human being can fight and never stop fighting." –E.E. Cummings*

# 1 (PERSON): YOURSELF

Why Do You Deserve Kindness Today?:

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# 10 (MINUTES): PUT KINDNESS INTO ACTION

Film a video of yourself (or write a post) reminiscing about this past month and the things you've learned, the people you've made smile, and the most powerful moments of Kindness you have shared with yourself and others. Share this for others to see and be inspired! (Or, just keep it to yourself and have it for a rainy, tough day to reinspire you).



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

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

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