

30 (DAYS): DAY 5

"You leave home to seek your fortune and, when you get it, you go home and share it with your family." –Anita Baker

1 (PERSON): FAMILY MEMBER

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Write a short, loving note to one family member and hide it in a place that might be hard for them to discover. Text them throughout the day with mysterious hints.



Did you do it? YES! NOT YET

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