

KINDNESS

Journal Prompts

8. inspires you to kindness? They could be living or dead, or from a book or film.
9. Remember a person who was kind to you; write a thank-you in your journal.
10. List 5 kind people that you'd love to spend time with in the coming weeks.
11. Others want to be kind to you: where can you ask for help you'd really appreciate?
12. Write a few words forgiving someone. It could be you.
13. Write the name of someone you care about, and list what's great about them. Compose a kind question to ask them.
14. List 10 attributes of your Brilliant Self. 10!

a bigger game. *TODAY*



No act of kindness,
no matter how small,
is ever wasted.

- Aesop