

30 DAYS OF KINDNESS CHALLENGE



READY, SET, GO!

- Decide which kindness challenge you want to take on for the next 30 days. (Not sure? Check out <http://challengeaddict.com/kindness-challenge> for 3 ways to do kindness for 30 days.)
- Do at least 1 kind thing per day, but stretch yourself to see how many things you can fit into a day.
- Each day, write down what you did and how it made you feel.

Day 1:

Act(s) Of Kindness

How It/They Made Me Feel

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

Day 2:

Act(s) Of Kindness

How It/They Made Me Feel

Day 3:

Act(s) Of Kindness

How It/They Made Me Feel

Day 4:

Act(s) Of Kindness

How It/They Made Me Feel

Day 5:

Act(s) Of Kindness

How It/They Made Me Feel

Day 6:

Act(s) Of Kindness

How It/They Made Me Feel

Day 7:

Act(s) Of Kindness

How It/They Made Me Feel

Day 8:

Act(s) Of Kindness

How It/They Made Me Feel

Day 9:

Act(s) Of Kindness

How It/They Made Me Feel

Day 10:

Act(s) Of Kindness

How It/They Made Me Feel

Day 11:

Act(s) Of Kindness

How It/They Made Me Feel

Day 12:

Act(s) Of Kindness

How It/They Made Me Feel

Day 13:

Act(s) Of Kindness

How It/They Made Me Feel

Day 14:

Act(s) Of Kindness

How It/They Made Me Feel

Day 15:

Act(s) Of Kindness

How It/They Made Me Feel

Day 16:

Act(s) Of Kindness

How It/They Made Me Feel

Day 17:

Act(s) Of Kindness

How It/They Made Me Feel

Day 18:

Act(s) Of Kindness

How It/They Made Me Feel

Day 19:

Act(s) Of Kindness

How It/They Made Me Feel

Day 20:

Act(s) Of Kindness

How It/They Made Me Feel

Day 21:

Act(s) Of Kindness

How It/They Made Me Feel

Day 22:

Act(s) Of Kindness

How It/They Made Me Feel

Day 23:

Act(s) Of Kindness

How It/They Made Me Feel

Day 24:

Act(s) Of Kindness

How It/They Made Me Feel

Day 25:

Act(s) Of Kindness

How It/They Made Me Feel

Day 26:

Act(s) Of Kindness

How It/They Made Me Feel

Day 27:

Act(s) Of Kindness

How It/They Made Me Feel

Day 28:

Act(s) Of Kindness

How It/They Made Me Feel

Day 29:

Act(s) Of Kindness

How It/They Made Me Feel

Day 30:

Act(s) Of Kindness

How It/They Made Me Feel

Don't stop here! Keep kindness as a habit you value in your life.

For your next challenge idea, visit <http://challengeaddict.com>