

MAY - KINDNESS

*May need extra space

- 1 Write a kindness resolution to live by for this month.
- 2 What does kindness mean to you right now?
- 3 How have you been the recipient of kindness lately?
- 4 How did this experience shape your view of what it means to be kind?*
- 5 What is an example of kindness you've seen in the news?
- 6 In what way can you show someone that you care without saying it?
- 7 Are you influencing others to be kind/help others? If so, how?
- 8 I can set off the chain reaction of kindness today by...
- 9 Name a way or ways your kindness has affected to your immediate family.
- 10 Honesty is the best policy. How have your honest words been used to help others?
- 11 When do you find it the hardest to be kind?
- 12 What can you do to love despite number 11?
- 13 How helpful have you been to your sphere of influence?
- 14 Write a handwritten note or card to encourage someone else. Who received the card this year?
- 15 Why is it important to you to help others?
- 16 Find a quote about kindness or helpfulness and document it here.*
- 17 What is a new cause or program that you can support this year?
- 18 Why do you think your help is important to your circle?
- 19 Are you willing to receive kindness? Why or why not?
- 20 If love is kind, how much would your peers say you love them today?
- 21 What is one thing you've done to help yourself be a better person?
- 22 Write about a situation in which you could have been kind/helpful, but chose not to.
- 23 What factors influenced your decision in that situation?
- 24 Give a random, genuine compliment today. Describe how you and the other person felt.*
- 25 I can show kindness to my spouse/child/family by ...
- 26 Who exemplifies kindness to you today?
- 27 What habit can you put into place this year to ensure you are kind to others every day?
- 28 Smile and greet everyone you see today. What was the response? How did you feel?
- 29 How did courage play a part of your kindness this month?
- 30 What was the impact of your kindness resolution?