



# OCTOBER

# GOODNESS

\*May need additional space

1. Write down one good thing that happened to you today.
  2. Why is your life good right now? \*
  3. What is your definition of goodness?
  4. How have you been good to your mind?
  5. Write a positive affirmation to yourself. \*
  6. When was the last time you truly rested?
  7. How are you fully present when you are with others?
  8. What good do you want to see in the world?
  9. How have you been good to others?
  10. What is motivating you to be good to others?
  11. I would rate my honesty \_\_\_\_ out of 10.
  12. What is an area that you need to give yourself grace in?
  13. Call a friend that you don't call regularly. Who was that this year?
  14. How have you been good to your heart?
  15. I am celebrating my growth in ...
  16. What small thing can you do this week to be selfless?
  17. In what way can you be more generous?
  18. What have you done lately to cheer yourself on?
  19. I will treat myself for ...
  20. When was the last time you learned from someone else's culture?
  21. Tell yourself 5 good things about you. Write them down.\*
  22. How is integrity integrated into your daily life?
  23. Write a thank you note to someone. Who did you write it to?
  24. I did the right thing when I ...
  25. Who is the last person you have complimented?
  26. How have you been good to your body?
  27. When was the last time you laughed at yourself?
  28. In my daily life, I can be good by ...
  29. Write a prayer for goodness in a bad situation right now.\*
  30. How can you improve the way you talk to yourself?
  31. The biggest thing I've learned this month was ... \*
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