

Welcome to the kindness challenge!

We're so glad you're on this journey with us! Why the kindness challenge? We've seen the kind of impact that being kind has. Being kind to others builds stronger communities, and gives us a feeling of fulfillment. Being kind to ourselves builds happiness, confidence, and makes us better at the things we love.

Here's how it works:

1. Each morning, **write down a kindness goal for the day**. One way you'll be kind to yourself, and one way you'll be kind to someone else. Are you a data person? You're 42% more likely to achieve a goal you're writing down regularly.
2. **Go be kind!**
3. At night, **check the box** if you achieved your goal.

Kindness doesn't have to come in a big package, it can be something as simple as texting a friend something nice, or treating yourself to 10 minutes alone with your favorite book. **Need ideas?** We've included our kindness bingo from the Lasagna Love and Good to Mama kindness challenges at the end of this packet.

The Kindness Challenge lasts for a month, but we know it can take a couple of months to create a new habit. This packet includes 10 weeks with inspirational quotes, so you can keep going even after the official challenge is over!

WEEK 1

Today I will be kind to...

MYSELF

ANOTHER

M

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Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”
- Princess Diana

WEEK 2

Today I will be kind to...

MYSELF

ANOTHER

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“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”

- *Maya Angelou*

WEEK 3

Today I will be kind to...

MYSELF

ANOTHER

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“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

- Anne Frank

WEEK 4

Today I will be kind to...

MYSELF

ANOTHER

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“Almost everything will work again if you unplug it for a few minutes, including yourself.”
Anne Lamott

WEEK 5

Today I will be kind to...

MYSELF

ANOTHER

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“It’s not how much we give but how much love we put into giving.”
-Mother Theresa

WEEK 6

Today I will be kind to...

MYSELF

ANOTHER

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“Love yourself first, and everything else falls in line. You really have to love yourself to get anything done in this world.”

- Lucille Ball

WEEK 7

Today I will be kind to...

MYSELF

ANOTHER

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“The roots of all goodness lie in the soil of appreciation for goodness.”

- Dalai Lama

WEEK 8

Today I will be kind to...

MYSELF

ANOTHER

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“As we work to create light for others, we naturally light our own way.”

- Mary Anne Radmacher

WEEK 9

Today I will be kind to...

MYSELF

ANOTHER

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“A kind gesture can reach a wound that only compassion can heal.”

- Steve Maraboli

WEEK 10

Today I will be kind to...

MYSELF

ANOTHER

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“A simple act of kindness the size of a rice grain can weigh as heavy as a mountain.”

- Feroz Bham

WEEK

Today I will be kind to...

MYSELF

ANOTHER

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“Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.”

- Henry James



Kindness Bingo

SEND A GRATITUDE EMAIL TO A COWORKER	PICK UP LITTER	OFFER TO HELP A FRIEND WITH SOMETHING	GIVE A DONATION	WRITE A NICE LETTER TO SOMEONE
HOLD THE DOOR FOR SOMEONE	SAY THANK YOU	BUY A COFFEE FOR THE PERSON BEHIND YOU	TELL A LOVED ONE YOU LOVE THEM	MAKE TIME FOR REST
EXERCISE	REALLY LISTEN TO SOMEONE	<i>Free</i>	GIVE YOURSELF A COMPLIMENT	SIGN UP TO VOLUNTEER
MAKE A LASAGNA FOR SOMEONE	REMIND YOURSELF YOU ARE ENOUGH	CALL SOMEONE YOU HAVEN'T SPOKEN TO IN A WHILE	LEAVE A POSITIVE COMMENT ON SOCIAL MEDIA	DONATE YOUR UNWANTED CLOTHES
HELP SOMEONE	RANDOMLY SEND A FRIEND FLOWERS	CHECK IN ON A NEIGHBOR	LET SOMEONE GO IN FRONT OF YOU IN LINE	SUPPORT A FRIEND'S SMALL BUSINESS



Self-Kindness Bingo

WAKE UP EARLY TO DO SOMETHING YOU LOVE	WRITE DOWN WHAT YOU'RE GRATEFUL FOR	EAT SOMETHING GOOD FOR YOUR BODY	TREAT YOURSELF TO SOMETHING	EXERCISE
WRITE YOURSELF A LOVE LETTER	LET SOMETHING GO	GIVE YOURSELF A COMPLIMENT	CALL SOMEONE WHO WILL TELL YOU THEY LOVE YOU	TAKE 10 MINUTES TO READ YOUR FAVORITE BOOK
SMILE AT YOURSELF	TELL YOURSELF SOMETHING YOU DESERVE, AND BELIEVE IT	<i>Free</i>	FORGIVE YOURSELF	PAINT YOUR NAILS AN OUTRAGOUSLY COLOR
GO FOR A WALK	REMIND YOURSELF YOU ARE ENOUGH	ASK YOURSELF "WHAT DO I NEED RIGHT NOW?"	WAKE UP LATE TO GET SOME EXTRA REST	TAKE A RELAXING SHOWER OR BATH
MAKE YOUR FAVORITE DINNER	BUY YOURSELF FLOWERS, JUST BECAUSE	SAY NO TO SOMETHING YOU DON'T HAVE TIME FOR	MEDITATE	SCHEDULE TECHNOLOGY FREE TIME

