

**My Kind Acts for the Month of .....**

This sheet allows you to keep track of the kind acts you carry out each day for a month. Score one mark for each square ticked, and total the scores at the end of the month. Photocopy this blank sheet to use for other months. By keeping a tally of your kind acts it will raise your awareness to kindness, and your score should increase over a period of time. There is a square for each day. The scoring only allows for one act of kindness per day in each category. Thank you for your participation, and may the Angel of Kindness always be at your side.

**Kindness to Yourself Total**

Today I made time to meditate, listen to relaxing music, or set aside other quiet time for myself

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Today I had a massage, a facial, a scented bath, or pampered myself in some other way

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Today I took a long look at the sky, or a tree, a bird, an ant, or some other, wonderful, natural thing

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Today I thought about my uniqueness, my youthful attitude toward life, and how worthy and lovable I am

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Today I .....

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**Kindness to Others**

Today I smiled/said hello/nodded/waved to someone

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Today I listened attentively when someone was talking to me

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Today I supported someone by cheering them up, listening to their problem, etc

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Today I told someone how much they mean to me

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Today I phoned or sent a card/letter to someone I haven't been in contact with lately

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Today I complimented someone about their smile, their attitude, something they'd done well, etc

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Today I thanked everyone who did something for me, no matter how small it was

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Today I refrained from negative judgements and gossiping

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Today I chose to be more positive with my thoughts and words

