

I am grateful for...



In the hearts, write about your gratitude for kindness or to whom you would like to show kindness. Fill in one heart each day this week. You can make a similar page of your own in your gratitude journal or use the one above. Cut it out and paste it in a journal or collect the pages in a binder.

Kindness Journal Prompts

- What do I notice about my body and mindset as I use this week's graphic in my gratitude journal? Is there something that is surprising there?
- Is kindness something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- Where and to whom do I show kindness? How can I expand my kindness?

Kindness Tracker

Brainstorm acts of kindness you can accomplish this week. Think how you can positively affect the day or life of: yourself, loved ones, community members, people you disagree with or find difficult, all human beings.