

planning your #21DAYSKIND

List 21 kind actions that you will do across the challenge.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

18 _____

19 _____

20 _____

21 _____



KIND[®]

make kindness a habit

What makes you most excited about this challenge?

Write down how you feel about it here...

#21
DAYS
KIND

Write your name