



The *Kindness* WORKBOOK

Daily Acts Towards A Happier You

TODAY'S DATE:

Daily *Kindness*

THINGS THAT MADE ME SMILE

ACTS OF KINDNESS I DID

CHALLENGES THAT HELP ME
LEARN

HIGHLIGHTS FROM MY DAY

SOMETHING I WANT TO
REMEMEBER ABOUT TODAY

MY RANKING OF TODAY

				
1	2	3	4	5

Mark the scale 1 to 5 of how well today went..

TODAY'S DATE:

Grant Yourself Some *Grace*

It's important to treat yourself with the same care that you would treat a good friend.

However, when facing a challenging situation, most of us are not very self-compassionate and speak to ourselves using critical language, such as "I'm so stupid". This exercise is designed to help you develop a more compassionate way of talking to yourself when the things get difficult.

Describe a time when a close friend faced a challenging situation.

What would you say to your friend?

What would you do for your friend?

Now describe a time when you faced a challenging situation.

What did you say to yourself?

What did you do?

Are there are any differences in your responses?

What has this helped you to learn?

TODAY'S DATE:

Change Your *Thoughts*

This tool will help you replace negative thoughts with more accurate thoughts that reflect the reality of a situation.

Write any negative thoughts are causing you distress in the box below.

What led to these thoughts?

How do these thoughts make you feel?

What evidence shows these thoughts are true?

What evidence shows these thoughts are **not** true?

To what extent are your thoughts based on facts? Mark the scale 1 (my thoughts are based only on emotion) to 10 (my thoughts are based completely on facts).

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Considering the evidence, what would be a more accurate thought?

How does this new thought make you feel?

TODAY'S DATE:

Daily *Gratitude*

One thing that made me smile today

One person for whom I am thankful

One thing I did for myself today

One thing I am looking forward to

One thing I am going to stop taking for granted

One difficult lesson I was grateful to learn

TODAY'S DATE:

5-MINUTE JOURNALING

DESCRIBE YOUR FAVORITE MOMENT OF THE DAY.

Daily
journal

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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TODAY'S DATE:



**Today Give the
Gift of Time!**

Give those you have the gift
of time with your undivided
attention.

**Today Fill Your Mind with
Positive Words and
Actions**

What's your mantra for
today? It can be simple,



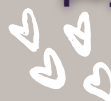
**Rest. Relax.
Show Kindness Repeat.**

It's simple words and
everyday actions that have a
lasting impact. We are on this
journey together.

**Today Be Generous With
Your Kind Words.**

Who will you encourage
today?

It can be as simple as
paying a compliment and
saying thank you.



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**Enjoy A Meal With Those
You Share A Home.**

No electronics allowed!
Take the time to see and hear
each other fully.



Make the Call Today.

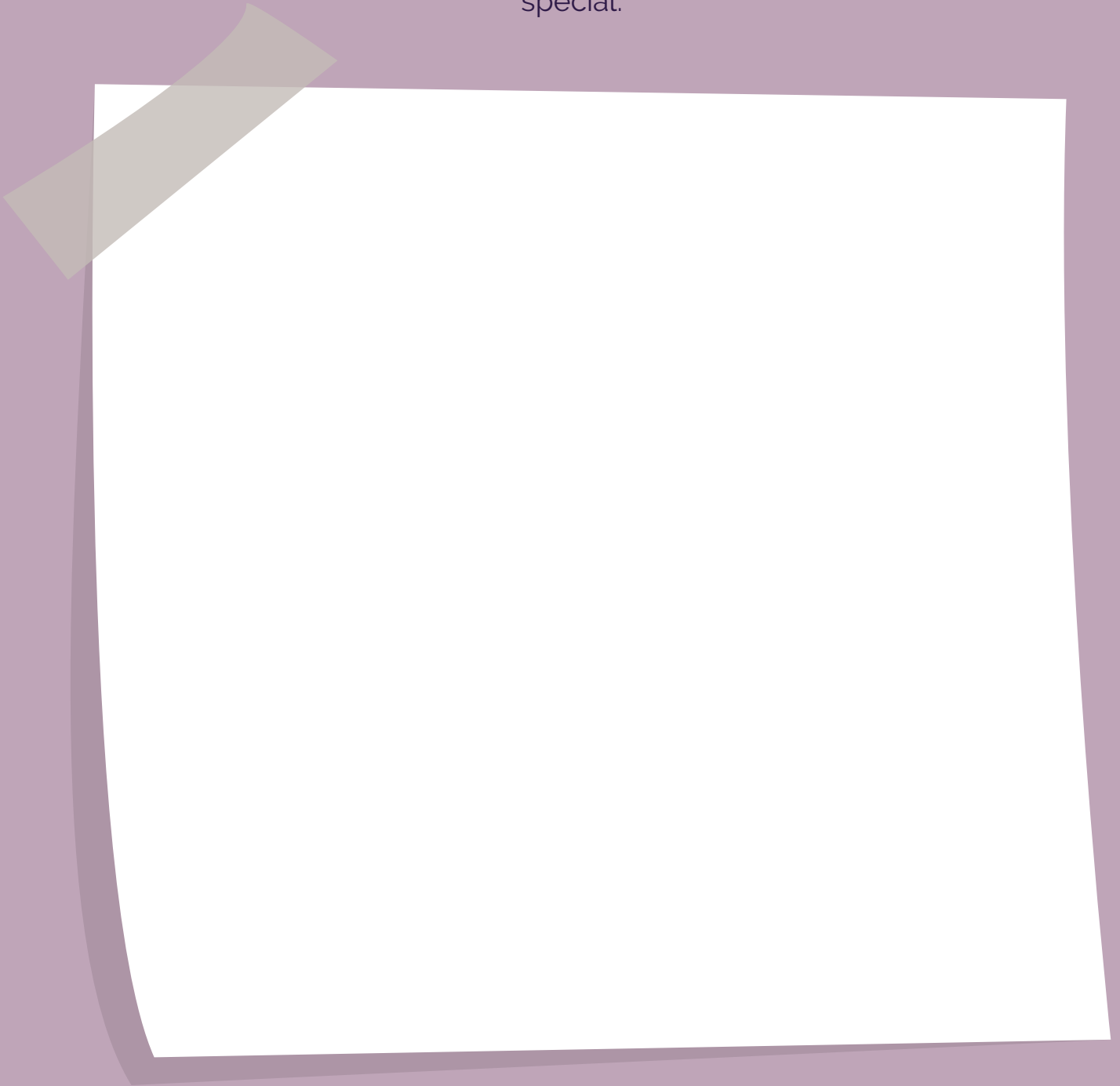
Do you keep thinking about
that loved one or friend you
meant to call yesterday?
Stop what you are doing
today and make the call.

Time is a precious gift.

TODAY'S DATE:

Thank You Note

Write a thank you note to yourself or to someone that made your day special.





Stay In Touch With Us!



Thank You for
Being Kind!