



Day 1: MAKE 3 PEOPLE SMILE

Who did you make smile? _____

What did you do to make each person smile? _____

How did it make them feel? _____

How did it make me feel? _____

What difference did it make for you/them? _____

Day 2: COMPLIMENT 3 PEOPLE

Who did you compliment? _____

What did you say? _____

How did it make them feel? _____

How did it make me feel? _____

What difference did it make for you/them? _____

Day 3: DO 3 KIND DEEDS FOR OTHER PEOPLE

Who did you do something kind for? _____

What did you do? _____

How did it make them feel? _____

How did it make me feel? _____

What difference did it make for you/them? _____

