

# INTENTIONAL KINDNESS PROJECT



## JOURNAL

This book is a journal but not like you know.  
It's for doing great things, keeping track as you go.  
When you see everyday all the good that you bring,  
you'll see that your life is a *powerful* thing.  
You'll see this world needs you, that your life it matters;  
that all of that negative talk your head chatters  
is not true or real. The truth is that how  
you were born to have impact...  
and that starts right now.

So,

Each week there's a theme to act on each day,  
to act out, to speak out, to do, or to say.  
Whether you repeat words to be kind to yourself,  
or do something awesome for somebody else,  
the world it is waiting for me and for you,  
so let's get this started. Let's go and let's do.

*This journal is based on the story, **A Girl With A Cape**, a book that tells the reader that you are a superhero because superheroes help make the world a better place. We have that same power with our everyday kindnesses.*

**This world won't change without you. Got your cape?**