

Week 1: The Power of KINDNESS

Start Date: _____

A Girl With A Cape, her message is true:
The power to make the world KIND starts with YOU.
To be kind to yourself and to be kind to others
is not always easy as you may discover.
But make it a habit and then you will find
that you are a natural and were *born* to be kind.

~ A Logan

List some things that you plan on doing this week to be kind to yourself and to others. Then, at the end of the week, reflect on what you did and how you felt.

Reflections, Thoughts, & Doodles: