

RANDOM ACTS OF KINDNESS WORKSHEET

How many random acts of kindness will you perform this week or month?

Brainstorm a list of small acts of kindness that you can do for others.

Examples: Paying for someone's coffee, complimenting a stranger, helping someone with their groceries.

Your journal.

My random act of kindness for today is _____

How has it impacted others?

How did it make me feel?
