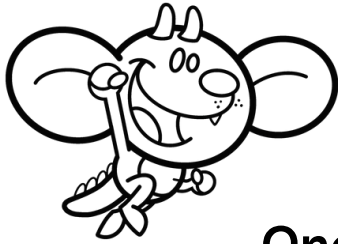


Name: _____



MY KINDNESS JOURNAL

One thing I am grateful for today is

One act of kindness I did today was

One good thing that happened today was

Today I felt

Today I helped