

30 (DAYS): DAY 9

"The most beautiful discovery true friends make is that they can grow separately without growing apart." –Elisabeth Foley

1 (PERSON): BEST FRIEND

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Celebrate this person's Quarter or Half or 1/16th birthday for fun. Send them a big happy birthday note or text and plan to make cupcakes or cheesecakes or some kind of cakes with them or for them.



Did you do it? YES! NOT YET

If yes, what did you learn? If not yet, what got in the way?
