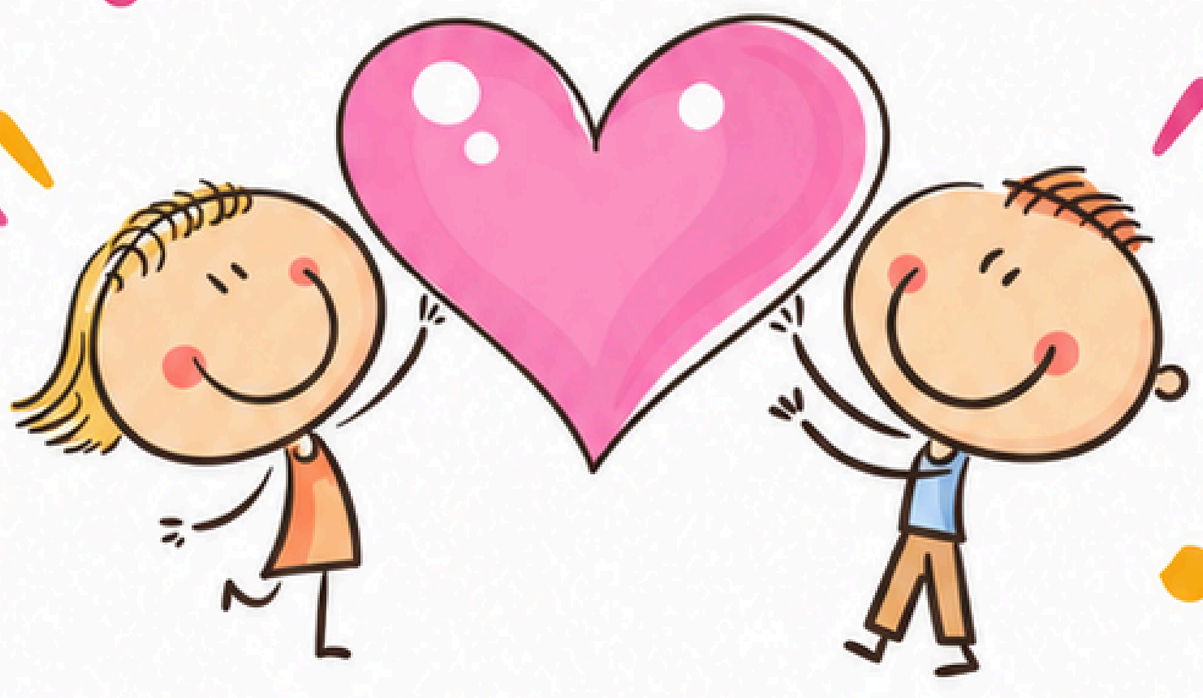
7 days of KINDNESS

One small act each day

- ☐ **Day 1** • Give someone a kind compliment
- ☐ **Day 2** • Check in on a friend
- ☐ **Day 3** • Offer to help someone
- ☐ **Day 4** • Write a thank-you note
- ☐ **Day 5** • Invite someone to join in
- ☐ **Day 6** • Do something kind for yourself
- ☐ **Day 7** • Choose your own act of kindness



Empower Me Program ♥ #EmpowerMeActsOfkindness