

welcome!

I'm so excited to share the gift of kindness with you.

I always thought of myself as a kind person, and everyone who knows me would have said the same, and yet my entire outlook on life shifted when I challenged myself to be intentionally kind.

I want you to get to experience the lightness of being I experienced. Automatic niceties are great, as is saying please and thank you, opening doors for strangers, etc. However, intentional kindness is something different.

in the next 30 days you're going to practice being kind to yourself and others.

On day 1 journal about what kindness means to you.

Each day after that follow the kindness prompt on the calendar.

On days, 4, 11, 18, and 25 take some time to journal your reflections of the experiences you've had so far.

Finally, on day 30, tell your friends and family all about your journey and ask them to pay it forward.

kate wong





30 days of intentional kindness

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| Day 1 WHAT IS KINDNESS TO YOU? | Day 2 PAY FOR THE PERSON BEHIND YOU | Day 3 SMILE AND MAKE EYE CONTACT | Day 4 REFLECT | Day 5 LEAVE A GENEROUS TIP | Day 6 SPEAK WELL OF OTHERS | Day 7 DONATE TO AN ANIMAL SHELTER |
| Day 8 CLEAN A FRIEND'S HOME AS A SURPRISE | Day 9 LET SOMEONE IN FRONT OF YOU IN LINE | Day 10 CHOOSE TO NOT BE ANGRY | Day 11 REFLECT | Day 12 LEAVE A POSITIVE REVIEW | Day 13 CALL AN ELDERLY RELATIVE | Day 14 VOLUNTEER SOMEWHERE |
| Day 15 PICK UP LITTER | Day 16 HELP OTHERS BEFORE THEY ASK | Day 17 SEND SOMEONE A CARE PACKAGE | Day 18 REFLECT | Day 19 LET A CAR GO IN FRONT OF YOU | Day 20 SAY ONLY NICE THINGS TO YOURSELF | Day 21 COOK DINNER FOR SOMEONE |
| Day 22 LISTEN. DON'T JUST WAIT TO TALK | Day 23 EXPRESS YOUR APPRECIATION | Day 24 FORGIVE SOMEONE'S MISTAKE | Day 25 REFLECT | Day 26 FORGIVE A MISTAKE YOU MAKE | Day 27 NOTICE THE GOOD YOU DO | Day 28 HELP CLEAN SOMEONE ELSE'S MESS |
| Day 29 DONATE TO A WOMEN'S SHELTER | Day 30 ASK SOMEONE TO TAKE THIS CHALLENGE | notes | notes | notes | notes | notes |

Keep it up!

30 days is a good amount of time to build a new habit of intentional kindness. Over 30 days you can influence more hearts than you know, including your own.

The wonderful thing about being intentional is that it gets easier and easier the more you practice.

With continued practice you will notice the reduction in anxiety, anger and resentment that kindness brings. If you feel like you need more practice go ahead and do the challenge again. Ask a friend to do it with you!

When you're ready for more personalized focus on your journey we'll get you set up with coaching sessions. We will build on your work from these 30 days and dig deeper to uncover an authentic and joyful you.

Set up your coaching today at www.soulfulspacecoaching.com.

We can do this together!

Kate Wang

