

30 DAYS OF

Kindness

HOPE + LIFE TO ALL

Person _____

Accountability Partner _____

NAME OF TARGET: _____

Day 1 - Eliminate Negativity

Offer Understanding

Today, listen to your person. Show empathy towards anything that frustrated them. Say things like "I'm sorry you had a rough day", or "I bet that frustrated you" If they are unwilling to share with you, simply say, "I was thinking about you today, I appreciate you". Provide no corrective dialogue.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 2 - Practice Positivity

Communicate Praise

Compliment something your person did or said recently. Anything praiseworthy, anything honorable, anything that presents itself as an opportunity to show you noticed and you care.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 3 - Do an Act of Kindness!

Share the Load

Identify a task, chore, or activity that your person dislikes doing. What is key is to help with a cheerful attitude and no expectation. Offer to pick up something from the store, clean something they have been putting off, simply offer your assistance. Do an act of kindness, and don't use it as a point in your column.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 4 - Eliminate Negativity

Write an Unmerited Encouragement

Everyone is touched by unconditional support and no matter what, people will make mistakes from time to time. As your person suffers the consequences or is still suffering the consequences of mistakes long gone by, avoid criticizing and amplyfying any possible embarassment. Instead write or say something like, "I'm so sorry, if I can help let me know, we can make it better. Again try and avoid mentioning what they did wrong. Show them they are so much more than their mistake."

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 5 - Practice Positivity

Compliment with Envy

You most likely chose your person because they do something that is questionable or challenges you. Ask yourself, what is one thing your person probably likes about themselves but probably thinks you don't? Today search for that thing, try to catch it right away. Compliment something about them you envy. For example, "I love how much you plan things, I could learn from you", "Your knowledge of sports shows me just how impressive your brain is", " You are so strong willed, I could use a little bravery from time to time"

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 6 - Do an Act of Kindness!

Anticipate a Need

Hopefully, by now you've become a little more aware of your person's schedule. Use that to your advantage today. Identify something they normally need or do for themselves. Be careful however, try not to step on their toes if it is something they enjoy doing themselves. For example: Have their coat ready at the door, put some extra care into a cup of coffee, make a special snack, warm the car... be creative!

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 7 - Accountability Check

Talk about your successes and failures with people you trust

How are you doing? Are you being less negative, more positive? Are your acts of kindness even being noticed? Again, the 30 Days of Kindness can impact your person, but it will change you. Try each day and if you are struggling share that frustration with a trusted friend, or in a listening prayer, or with your small group at church. If you've made it this far, you are already doing so great! I know I'm proud of you :)

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 8 - Eliminate Negativity

Get Along

Today, try to avoid an argument at any cost. Unless potentially dangerous, defer to them instead. Even if you disagree, politely and positively let them know you are fine doing it there way. Your tone and body language are just as important today, so respond to things in a timely and patient manner.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 9 - Practice Positivity

Brag About Them

Today is about praising your someone in front of others. It's bonus points if you find a way to do it in front of a boss, teacher, or someone whos opinion really matters to your person. If you can't find a way today, put a reminder in your calendar to try again later.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 10 - Do an Act of Kindness!

A Timely Well

Make or bring a special beverage for your person. If they have a favorite, try to stay in the sweet spot. If you work with them offer to buy or bring it early. If you live with your person, go all out and make it the best you can!

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 11 - Eliminate Negativity

Engage their Insecurity

Today, ask yourself, what do they worry about? When your person looks in the mirror or drives in the car what negative or life draining things do they think or even say to themselves? Could be about work, school, their appearance. Engage the insecurity by telling them something amazing about them, little or large it can redirect their mind and self-image. And you got to be apart of that positive turnaround.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 12 - Practice Positivity

A Simple Thank You

Be intentional today, with a verbal act of gratitude. Look at the things your person has done lately and thank them for it. It doesn't even matter if its something they always do, or are suppose to do. The fact that you noticed and thanked them might just make it special.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 13 - Do an Act of Kindness!

You've Got Mail!

Email your person, NOT your own words or thoughts but perhaps an article or website about an interest of theirs. Could be about a sports team, a movie review, a home decor website/pinterest. If you want to add your own words simple say, "I came across this today and thought of you". Communicate you care about who they are and not what they are to you.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 14 - Accountability Check

Talk Strategy

Get together with your people. Talk strategy, are their things you could do different, better, or less of. Discuss, make a gameplan, and celebrate the good things. Take that gameplan and energy into next week.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 15 - Eliminate Negativity

Counterstrike with Kindness

If you find yourself having a regular conflict or disagreement with your person plan ahead with a positive response. Nothing major, a compliment or kind word will break the routine nicely. For example, "I'm sorry I didn't give myself enough time to make it here by 3:00, thanks for taking care of the kids until I got here, you are so amazing and responsible, it was my fault, thanks for being you."

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 16 - Practice Positivity

Remember that One Time

Recall a memory or season your person did something kind for you. Take deliberate time today to tell them how it made you feel, how special or sweet or impressive they were. Something that ends with, "that was so sweet of you!"

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 17 - Do an Act of Kindness!

Smile and Laugh

Email or text your person a joke or funny video, something they would enjoy. Caption it with, "This made me laugh, I thought you would get a kick out of it."

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 18 - Eliminate Negativity

Make it Right

Try to think of a recent moment where you became negative with your person. Maybe you were angry, exasperated, frustrated, or just not giving them the attention they deserve. Try to apologize today, even if you already did make a point that they deserve more kindness and compassion.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 19 - Practice Positivity

Turn it Upside Down

Yesterday, we focused on an apology. Today, follow up that apology with something positive about them, say it to them if they are around or to someone else if they aren't. Train yourself to say positive things.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 20 - Do an Act of Kindness!

Lend a Hand!

Look for ways to jump in today. Is your person working on something difficult or with someone difficult? Offer to help, if you're not allowed in (because of work or school or something) offer to make a snack to take with them or take something else off their hands so they can focus on the difficult one.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 21 - Accountability Check

What's Working

So far through the 30 Days of Kindness, we face three major elements. Eliminate Negativity, Practice Positivity, and Doing an Act of Kindness. Which one is easy and which ones are harder. Write down your thoughts and reasoning and share them with your accountability person or group.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 22 - Eliminate Negativity

Repair the Damages

In your past, have you spoken negatively of your person to someone or in a group? Think back and try to make a list of those people, the people you've directly complained to about your person. (friends, family, colleagues) Today, or over the course of the week, try to casually compliment or explain how you appreciate your person while in their presence.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 23 - Practice Positivity

You Can Do It!

Whether you've been a cheerleader in past or not, today is about cheering your person on. Find out what they've got going on and give them encouragement. Try to make it something they can take with them like a voicemail, or a sticky note, or text them you're praying for them. Either way you do it let them know you are there for them. For example, "Praying for your big interview today!"

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 24 - Do an Act of Kindness!

Tis' the Season

Try to give your person a seasonal treat. Girl scout cookies, pumpkin pie, or halloween candy to name a few. Take into account whats available this time of the year and send them a treat!

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 25 - Eliminate Negativity

The Follow Up

A few days earlier you tried to cheer your person on (Day 23.) Follow it up with whatever care is necessary, might be praise, might be empathy, try to remain sensitive and kind. If there is no news, let them know to keep you in the loop about the outcome or say thank you for letting you be involved.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 26 - Practice Positivity

Its That Time Again

Alright, what can you say "thank you" for today? Again be on the lookout for behaviors (especially new ones), actions, or comments that you can tell your person thank you. Even if its a "thanks for putting up with me," gratitude can heal a lot of wounds.

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 27 - Do an Act of Kindness!

What About the Environment!

Where does your person spend most of their time? If they live with you, where in the house? If they don't live with you then this one might be easier. Take time today to tidy up. First let them know your intentions (I'm here to help you and I want nothing in return), if they give you permission try to clean up, organize, could be inside/outside. Could be anything from cleaning the microwave, to clearing space in their closet, to making a trip to the dump!

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 28 - Accountability Check

Tis' the Season

We're nearing the end of the 30 Days of Kindness! As you look back, try to remember one thing you've done that either you've enjoyed or has had the greatest impact in your relationship. Today try to do something similar (if not the exact same thing). Kindness is nothing, if not consistent!

Reflection

*CHECK IF COMPLETED

NAME OF TARGET: _____

Day 29 - Accountability Check

Going Public

Throughout these 30 days, you've been asked to praise your person as well as speak about your experience with an accountability group or person. The following challenge might not be for everyone, but do consider the possibility. Today, look for ways to publicly praise a positive trait or skill of your person to a larger audience. You could throw a party in their honor, post on social media how much you admire them, or submit some work of theirs into a contest as to say what they do is amazing. Make it a mission to show them off to the world.

Reflection

*CHECK IF COMPLETED

11/30

NAME OF TARGET: _____

Day 30 - Accountability Check

Graduation Day!

Hopefully you've been reflecting on what actions of kindness work in your relationship and what doesn't. And most importantly you've learned what you can take with you. Graduating from school doesn't mean you stop learning. And graduating from the 30 Days of Kindness doesn't mean you stop trying to be kind. But hopefully it means you know where you're best at and where could learn to grow. Try to take ONE thing from the last 30 days and make a commitment to continue that ONE thing, then find an accountability group/person and continue to amplify hope, life, and kindness. And enjoy what happens!

*CHECK IF COMPLETED