**Weekly Acts of Kindness**

Your acts of kindness for the week:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

As you fill out the rest of this sheet, bear in mind that things don’t always go as you expect, so you can record both positive and negative experiences here.

**Advisor:** What thoughts did you have before and after you did kind acts?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

**Noticer:** What feelings showed up as you did kind acts?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

**Discoverer:** What did you discover as you engaged in kind actions?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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