

# WEEKLY ACTS OF KINDNESS

Your acts of kindness for the week:

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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?

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

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

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