
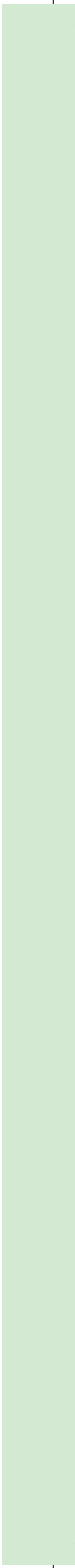



365

DAYS OF
KINDNESS



FALL IN LOVE
WITH TAKING CARE
OF YOUR MIND,
BODY & SOUL.



**Kindness is the quality
of being friendly, generous,
and considerate towards
others and ourselves.**

**It is a positive force that can
be harnessed to promote
enhanced self-esteem and
bond people together in trust.**

Exploring kindness is a beautiful activity.
It can be challenging to take time for ourselves
and others alongside our busy lives but you are
taking the first step by opening this book!

Find a few minutes each day to sit down and fill
out a task. As you progress through the weeks and
months, take longer to think on each one, growing
more conscious of the benefits of kindness in your life.

Vision Board

Stick photographs, collected imagery or your own artworks
here to help visualise and manifest your kindness journey.

Day 1

Date:

Write about a personal experience with kindness from someone and how that affected your life.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 2

Brainstorming

Take five minutes to explore what kindness means to you.

This image shows a full page of dot grid paper. A solid red vertical line runs down the left side, creating a margin. The rest of the page is white and covered with a uniform grid of small black dots, spaced evenly both horizontally and vertically.

Day 3

Date:

Write a list of small ways you can be kind to yourself.
Try to do at least five of them today.

[illegible]

Date:

Day 4

Acknowledge Your Innate Kindness

Share a selfless act that you performed.

What was it? How did it feel?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 5

Date:

How can showing kindness have an impact on people?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 7

Date:

Kindness In Your Life

Identify where you receive kindness from friends, family or other people in your life already. List those people and write about how they make you feel special.

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+

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+

+



Day 8

Date:

Feeling Supported

Write a letter (not addressed to someone in particular) asking for support about a difficult situation that you went through or are going through at the moment.

Dear,

From

Date:

Day 9

Think about an occasion when someone unexpectedly did something good for you. How did it affect you? Write about it.

[illegible]

Day 10

Date:

Communicating Love

Describe your relationship with showing affection. Do you have the ability to openly show affection to somebody today? How does it make you feel to consider doing this?

[illegible]

Date:

Day 11

Recall a time that someone has performed a small act of kindness toward you and find a way to 'pay it forward' today.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 12

Date:

Saying Nice Things

Compliment someone today.

Write about their reaction and how that made you feel.

[illegible]

Date:

Day 13

What stressful circumstance are you currently facing?

If you had a friend in the same situation, what advice would you give them?

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Day 14

Date:

Goals For Myself

Write ten kindness goals for yourself for the next year.

Try to think of big goals that will make you feel special and try to do one of them today.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 16

Date:

Music Is Food For The Soul

Make a playlist. Include songs that make you feel emotional or have meaning for you.
Listen to it today.

Track No. 1

Track No. 2

Track No. 3

Track No. 4

Track No. 5

Track No. 6



Track No. 7

Track No. 8

Track No. 9

Track No. 10

Track No. 11

Track No. 12

Day 17

Date:

Soothe Yourself

What do you define as a 'soothing' or 'calming' activity?

Make a list of activities you can do regularly to bring calm to your body and mind.

1.

2.

3.

4.

5.

Notes

Date:

Day 18

Colouring Thoughts

Get your favourite pen, pencils, or markers out.
Draw anything that comes to mind.



Day 19

Date:

Kindness To Loved Ones

Consider ways to show kindness to your family and try to make this a priority today.

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+

+

+

+

+

+

Day 21

Date:

Take time today to focus on the needs of your significant other or closest friend. Write them a letter telling them how much you care about them.

Dear

From

From

Day 23

Date:

Positive You

Write a list of positive affirmations for yourself.

Try to make them simple so you can recall them when you need them.

1.

2.

3.

4.

5.

Notes

Date:

Day 24

Your Workspace

Make a plan to tidy up and decorate your work area.

To buy

To bin[illegible]

Day 25

Date:

Taking Care Of The World

Commit time to taking care of the environment today.

Research your local 'clean up' group or find environmental events that are coming up.

Research

Websites

Notes

Date:

Day 26

Give Thanks

Write a thank you letter to someone.

Dear

Thank you for...

From

Day 27

Date:

Beauty Is Within

List compliments you could give someone that doesn't describe their appearance.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 28

Write a story about someone whose life is changed by kindness.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 29

Date:

Helping Others

What are three things you can do for someone else this week to make them feel better?

1.

2.

3.

Date:

Day 30

The Child Within Us

Buy yourself a gift today that might nurture your inner child.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 31

Date:

Creative Caring

Brighten someone's day by making and sending a handmade card.

Doodle some ideas here:

Date:

Day 32

Listening Carefully

Find time today to 'say less' and truly listen to another person's point of view. What have you learned from the experience?

[illegible]

Day 33

Date:

Gratefulness

Make a list of the things you feel grateful for today.

1.
2.
3.
4.
5.

Notes

Day 35

Date:

What advice would you give to your younger self?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 36

Taking Care Of You

Schedule a regular SELF-CARE time in your calendar.

List some ideas:

1.

2.

3.

4.

5.

Notes

Day 37

Date:

Take time to allow yourself to forgive someone who has wronged you.

Write their name and about your relationship with them.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 39

Date:

Re-Evaluating Your Time

Take a look at your to-do list. What is one thing you're expecting yourself to do that is not actually necessary or is not the best use of your time?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small orange tab at the top left corner. The paper appears to be from a notebook or a set of legal pads.

Date:

Day 40

Working On Resilience

Consider how you approach conflict in your everyday life.

Write about your relationship with conflict and how you can work on it in the future.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Day 41

Date:

Invest In Your Interests

Write a list of the interests and hobbies you have always wanted to try.
Make a plan to allocate time and money to pursuing these in the future.

1.

2.

3.

4.

5.

Notes

Date:

Day 42

Positivity In You

Write a list of ten positive things about you.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 43

Date:

Donation Time

At home pull together a box of good quality items you don't use anymore.
Make a plan to donate them to your local op shop.

Closet

Kitchen

Garage

Day 45

Date:

Take a half hour break to 'do nothing' today. Set an alarm and take time to breathe and relax. After this is over, write down how it felt, on the opposite page draw freely.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Day 46

Date:

You Can't Do Everything On Your Own

List things you need help with and find the right people to help you with them.

1.

2.

3.

4.

5.

Notes

Date:

Day 47

What are personal limits you have set with others and in life?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 48

Date:

Breaking Screen Habits

Create a calendar for social media blackout hours.
Start with one hour a week and then slowly increase this.

Month						
Mon	Tue	Wed	Thu	Fri	Sat	Sun

Day 50

Date:

Healing & Hope

Explore ways to rehabilitate a relationship that has broken down. Write down what happened, how you feel about it today and how you can find a way to work on it.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 51

A Fictional Interview

Write a list of questions for someone you would like to interview.
The person can be real or fictional.

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Day 52

Date:

Voluntary Kindness

Have you ever been in a situation where you were kind, but didn't have to be? What happened because of that?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 53

Unexpected Kindness

Describe a time someone was kind to you, but didn't need to be?

How did it make you feel?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 54

Date:

Kind To You

How can mindfulness play a role in kindness to yourself?

[illegible]

Date:

Day 55

Imagine that you can make impossible things happen.
What would you do?

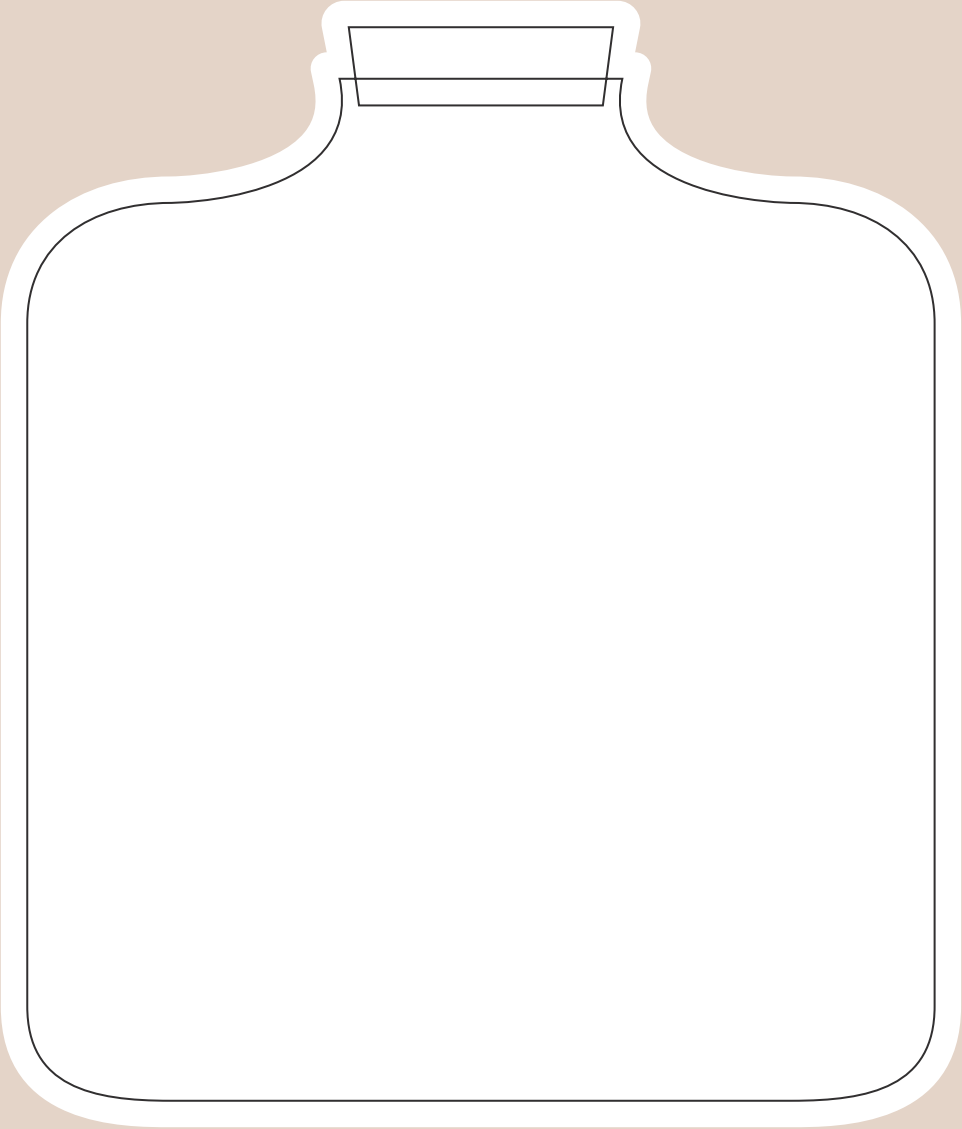
This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 56

Date:

Affirmation

Fill your love tank with positive personal affirmations.



Date:

Day 57

Describe yourself using the first ten words that come to mind. Next, consider a 'future you' who is living your ideal life, describe that person and how you can become them.

1.

3.

5.

2.

4.

6. _____

10.

Future you is:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 58

Date:

Kill Them With Kindness

Have you ever heard the phrase, 'Kill them with kindness?'

What do you think it means?

[illegible]

Date:

Day 59

Who taught you the most about kindness?

What good memories do you have about them?

[illegible]

Day 60

Date:

Hypothetical Vibes

If you were rich, what ways could you be kind that you can't now?

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Date:

Day 61

When I was young, my parents taught me to be kind by:

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Day 62

Date:

Focus On You

For the next ten days, take time to complete random act of kindness toward yourself. Try to come up with twenty ideas, then pick ten to plan & complete on the pages ahead.

Date:

Day 63

Focus On You

Day 1

Act of kindness:

My Plan:

How did it go?

Feelings/Emotions:

Day 64

Date:

Focus On You

Day 2

Act of kindness:

My Plan:

How did it go?

Feelings/Emotions:

Date:

Day 65

Focus On You

Day 3

Act of kindness:

My Plan:

How did it go?

Feelings/Emotions:

Day 66

Date:

Focus On You

Day 4

Act of kindness:

My Plan:

How did it go?

Feelings/Emotions:

Date:

Day 67

Focus On You

Day 5

Act of kindness:

My Plan:

How did it go?

Feelings/Emotions:

Day 68

Date:

Focus On You

Day 6

Act of kindness:

My Plan:

How did it go?

Feelings/Emotions:

Date:

Day 69

Focus On You

Day 7

Act of kindness:

My Plan:

How did it go?

Feelings/Emotions:

Day 70

Date:

Focus On You

Day 8

Act of kindness:

My Plan:

How did it go?

Feelings/Emotions:

Date:

Day 71

Focus On You: Day 9

Day 9

Act of kindness:

My Plan:

How did it go?

Feelings/Emotions:

Day 72

Date:

Focus On You

Day 10

Act of kindness:

My Plan:

How did it go?

Feelings/Emotions:

Date:

Day 73

What is the impact that receiving and giving a compliment can have?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Day 74

Date:

Outward Kindness

Is there anyone who you should be kinder to?

Who are they? Why should you and how can you be kinder to them?

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Date:

Day 75

Work-Life

List five ways to show kindness to your co-workers.

1.

2.

3.

4.

5.

Notes

Day 76

Date:

Reflection For Today

What was the best thing that happened today?

How did it make you feel?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 78

Date:

Showing Commitment To Others

Consider booking an appointment to donate blood or sign up to be an organ donor.

How do you feel about this?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 79

Being Prepared To Help

Make a plan to become CPR certified.
How can you do this in your local area?

Where?

When?

What I need to do?

Notes

Day 80

Date:

Time For A Friend

Take a friend out for coffee. Make a list of friends you might invite and places that you could go. Invite at least one of them out today.

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+

+

Date:

Day 81

Gossip Habits

What is your relationship with gossip? Have you experienced the negative effects of gossip personally and how have you contributed to this?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 82

Date:

Bad Habit

What is your worst habit?

Write five actions you could take to improve it.

[illegible]

Date:

Day 83

Go online and find some positive quotes, write them here for inspiration.

Day 84

Date:

Acknowledging Positives

Have you ever spoken up about something important?

Describe that time and how you contributed in a positive way.

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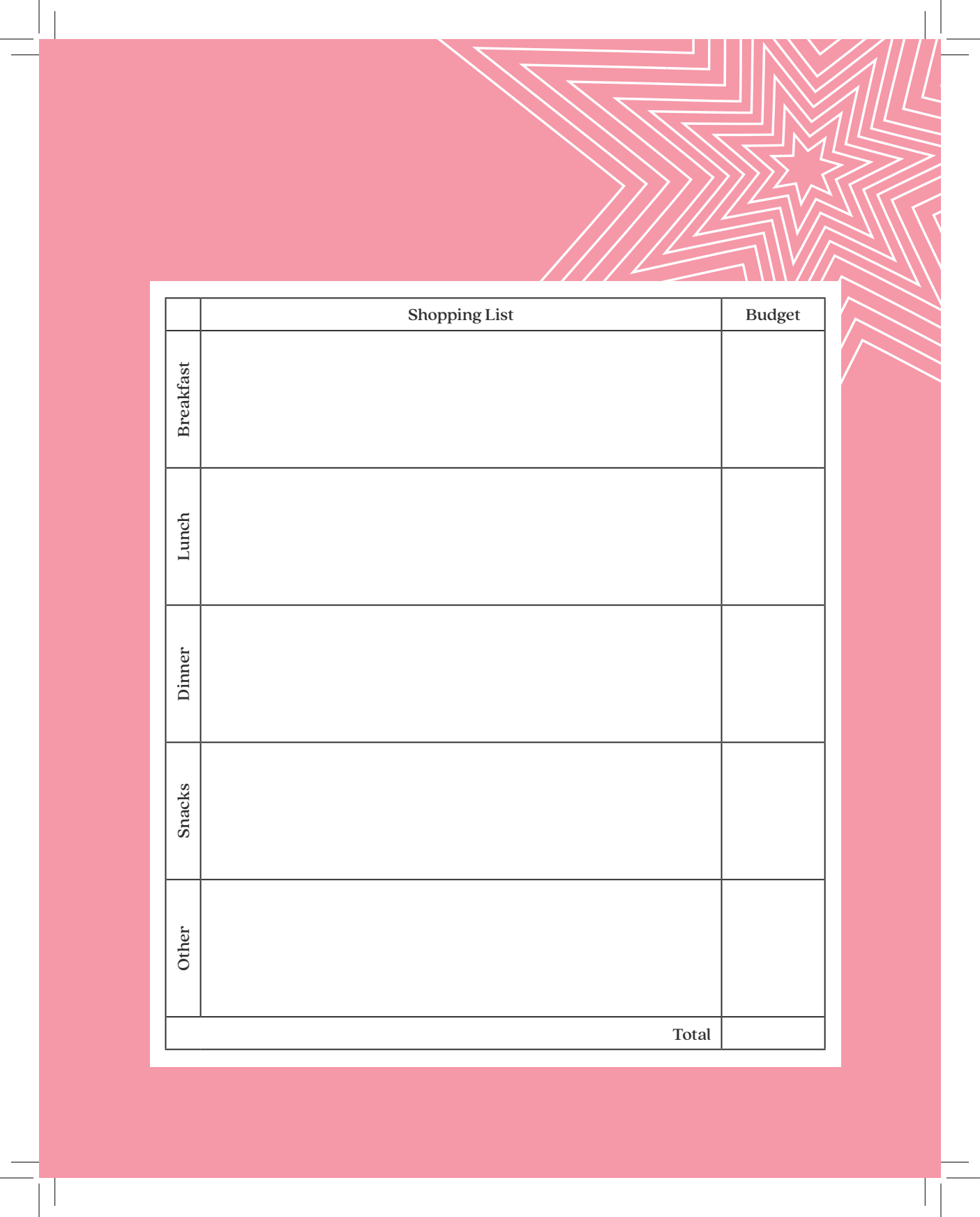
Day 86

Date:

Conscious Self-Care

Plan your meals for the next seven days.
Write a meal plan with a budget and stick to it.

	Breakfast	Lunch	Dinner	Snacks
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



	Shopping List	Budget
Breakfast		
Lunch		
Dinner		
Snacks		
Other		
Total		

Day 87

Date:

In The Neighbourhood

Do you know your neighbours? Make a plan to check in with them or pop by and introduce yourself. Think of ways you can show kindness to them, list your ideas below.

House No.	Name/s	A way I can show kindness to them:

Consider taking a small gift with you - For example, home made scones or cookies.

Date:

Day 88

Dance Time

Take five minutes to dance like no one is watching.

What song did you dance to and how did it make you feel?

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Day 89

Date:

Happy Looks Good On You

List six things that make you smile.

1.

2.

3.

4.

5.

6.

Date:

Day 90

Treat Yourself

Take time today to treat yourself a little.

What did you do and how does treating yourself feel?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 91

Date:

Up-skilling

Take time to learn a new positive skill. Research short courses in person or online and really immerse yourself in the experience.

New Skills I am interested in:

Research:

Notes:

Date:

Day 92

Community Spirit

Donate some of your time to your local community.

Brainstorm ideas for where and estimate how much time you have to give.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 93

Date:

Dig out some old photos and immerse yourself in positive memories.

Describe one of the memories and how you feel about it today.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 94

Assessing Your Needs

What are five things you cannot live without?

1.

2.

3.

4.

5.

Notes

Day 95

Date:

Environmental Impact

Take time today to think about your environmental impact on the world.
Explore ways to conserve resources and reduce waste in your life.

Research

Ideas

Notes

Date:

Day 96

Good People Around You

List the best qualities about someone close to you or a person that you admire.

Name:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 97

Date:

Small things can say big things sometimes.

Help someone out today with a small task and reflect on your experience.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the paper.

Day 99

Date:

Reflect on a time when you apologised for something.
How did it make you feel?

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Date:

Day 100

Your Perfect Day

Describe your idea of a perfect day:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 101

Date:

How could you encourage kindness in others?

[illegible]

Date:

Day 102

Make Someone Smile

Write five small notes of praise or care for people around you.

List ideas for these notes:

1.

2.

3.

4.

5.

6.

Day 103

Date:

What is the biggest lesson that you learned from life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 104

Let Go

What is the one thing you need to let go of?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 105

Date:

Write about a time someone you didn't like did something nice for you.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 106

Happy You

What are five things that make you happy?

1.

2.

3.

4.

5.

Day 107

Date:

What is a song that defines the real you?

Song:

How it defines me:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 108

Clean Up

Offer to help clean someone's house or garage.

Create a list of potential people you could help and what you could help them with.

1.

2.

3.

Day 109

Date:

Helping Others

Think of five things that you do very well and think about how you can use these skills to help others.

1.

2.

3.

4.

5.

Notes

Date:

Day 110

Caring Is Healing

Take time today to pamper yourself.

Write three ideas below.

1.

2.

3.

Day 111

Date:

Gratitude Note

Write a note to someone thanking them for a special thing they did for you.
Tell them that it meant a lot to you.

Dear

Thank you for...

From

Date:

Day 112

Treating Your Past With Kindness

Write about a time when you did something just to impress others.

What happened?

How did it make you feel?

Was it worth it?

What could you have done differently?

Day 113

Date:

Beating Fear

Think of things you've always wanted to do but haven't out of fear.
Make a list of those things and commit to doing one of them today.

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+

Date:

Day 114

Reflect On Kindness To Yourself

Is there anything stopping you from being kind to yourself?

How can you work on that?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 115

Date:

Kindness Habits

Think of positive habits you can perform every day.

Write your habit ideas:

+

+

+

+

+

+

+

Date:

Day 116

Be There For Someone

Think of someone who might be going through a difficult time in their life.

Think of ways you could brighten their day today.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 117

Date:

Lean On You

Write a list of healthy things you can do to support yourself when you are feeling sad or stressed.

1.

2.

3.

4.

5.

Day 119

Date:

Which one would you choose – A well-paying job you hate or a low-paying one you love? Explain why.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 120

Learning From Others

What is one trait you see in people that you would like to have?

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Day 121

Date:

Write a kind letter to yourself, note all of the positive traits you admire about you.

Dear

From

From

Day 123

Date:

Share Knowledge

Create a list of potential knowledge you can share with someone who needs it.

1.

2.

3.

4.

5.

Notes

Date:

Day 124

Draw Kindness

Draw things that remind you of kindness to yourself.
It doesn't have to be perfect, just draw what you feel.



Day 125

Date:

Give a hug for no reason today.

How did it go?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 126

If you could treat someone to lunch today, who would it be and why?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small dark smudge or mark near the top center of the page. The paper appears to be part of a notebook or a set of loose-leaf papers.

Day 127

Date:

Write about a happy experience that you had recently.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 128

Quality Time

List ways you can spend more personal time with people who mean a lot to you.

1.

2.

3.

4.

5.

Day 129

Date:

Write down nice ways to say 'I love you' to someone special and gather the courage to express love to someone today.

Date:

Day 130

Self-Improvement

If you were allowed to change one thing about yourself, what would it be? Why?

I would change:

[illegible]

Day 131

Date:

Reflection On Hard Times

When was the last time someone was inconsiderate of your feelings?

I remember when...

It felt...

What do you think that person could have done differently?

Date:

Day 132

Always There

Who is one person you can always count on? Why?

[illegible]

Day 133

Date:

Share Loving Thoughts

Tell six people today that you think they are special.
Write down some ideas of what you could say:

Name:

They are special because:

Name:

They are special because:

Name:

They are special because:



Name:

They are special because:

Name:

They are special because:

Name:

They are special because:

Day 134

Date:

Creative Messages

Paint rocks with kind messages and place them where they can be found by neighbours and strangers. Brainstorm some message ideas:

Date:

Day 135

What lesson can you learn from a recent mistake?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 136

Date:

Favours For Others

When was the last time you did a favour without expecting anything in return?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 137

Organising You

In what area of your life would you like to be more organised? Why?

[illegible]

Day 138

Date:

Being Kind To Yourself

What is your favourite feel-good activity?

How can you do it more?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 139

How have you changed in the last year?

What has changed and what would you like to work on?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 140

Date:

Mindful Of Your Words

Try not to complain about anything today. Whenever you feel like complaining, write about your complaint. Try to find positive elements in the situation.

Complaint:

A Positive element:

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing. There are no margins, text, or other markings on the paper.

Day 142

Date:

Daily Stress

What is your biggest life stress?

How can you work on this regularly?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 143

People That Inspire

Who is your biggest inspiration in life?

Name:

What inspires you about this person?

What would you like to learn from this person?

Day 144

Date:

Expressing Positivity

Draw what comes to mind when you think of 'Positivity'.

A large white rectangular area for drawing, set against a purple background. The rectangle is empty, providing space for a drawing related to the theme of positivity.

Date:

Day 145

Short-Term Goals

Set three short-term personal goals and write about how you can achieve them.

1.

2.

3.

Day 146

Date:

Long-Term Goals

Set three long-term personal goals and write about how you can achieve them.

1.

2.

3.

Date:

Day 147

What do you need to start saying 'YES' to?

This image shows a full page of dot grid paper. The background is a solid light blue color. Overlaid on this background is a precise grid of small, dark grey or black dots. The dots are arranged in perfectly straight horizontal and vertical rows, creating a series of small squares across the entire page. There are no margins, text, or other markings present.

Day 148

Date:

Time For You

Pre-plan your evening. Order your favourite takeout and relax while you watch a show, listen to music or whatever else you enjoy.

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Date:

Day 149

Self-Care Reflection

What have you done this week for yourself?

+

+

+

+

+

Day 150

Date:

Reassuring Self-Love

Write a reassuring, kind and gentle note to yourself.

Hey!

Love from

Date:

Day 151

Gratefulness

Make a list of the things you feel grateful for today.

1.

2.

3.

4.

5.

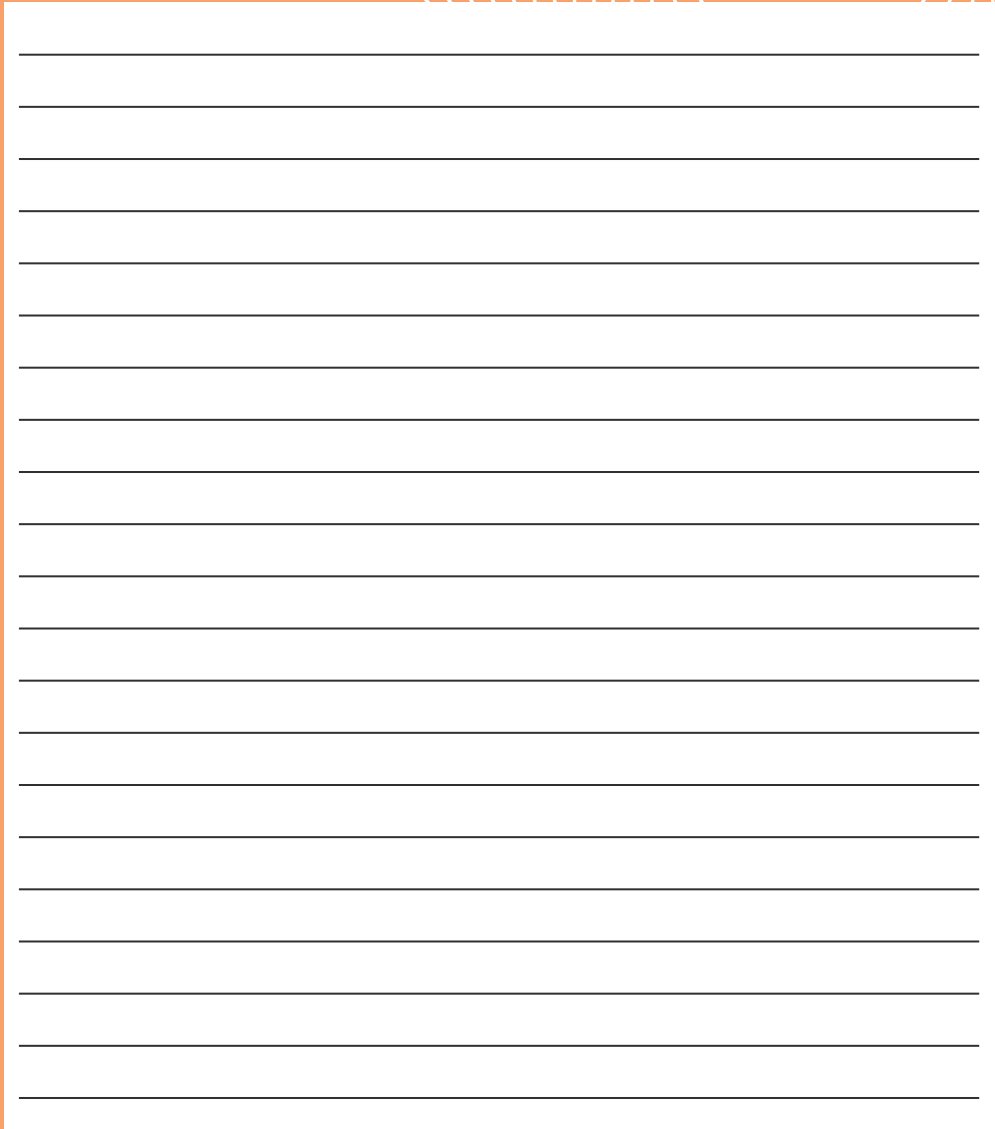
Day 152

Date:

Who You Are

Are you living in a way that reflects the person you want to be? Write in depth about it. Consider changes you could make in your current life to be that person.

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



Day 153

Date:

Take a risk today.

Was it difficult? How do you feel?

[illegible]

Date:

Day 154

Draw Anything

Scribble in the empty space below and then draw three things. You can draw anything you like, use the lines from your scribbles as a reference, let your imagination run wild.

1.

2.

3.

Day 155

Date:

Write a love letter to your body, describe the parts you like and love. Show yourself compassion.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 156

Being Present

Create a list of things you can do to help you slow down and feel more present.

1.

2.

3.

4.

5.

Day 157

Date:

Think of something you would like to buy and then set a goal to get it.

What I want:

How I will get it:

[illegible]

Date:

Day 158

Reading List

Make a list of ten books you would like to read.

Then select three that you want to commit to reading this year.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 159

Date:

Start your day with a healthy breakfast. Take the time to plan and make your breakfast. Use this space to jot down some ideas.

Date:

Day 160

Draw You

Draw yourself as you see yourself today. Show yourself care and love.
Focus on the positive.



Day 161

Date:

If your mirror spoke to you, what would it say?

[illegible]

Date:

Day 162

Stretch Your Body

Find a short five-minute stretch routine and do it first thing in the morning. How do you feel after doing it?

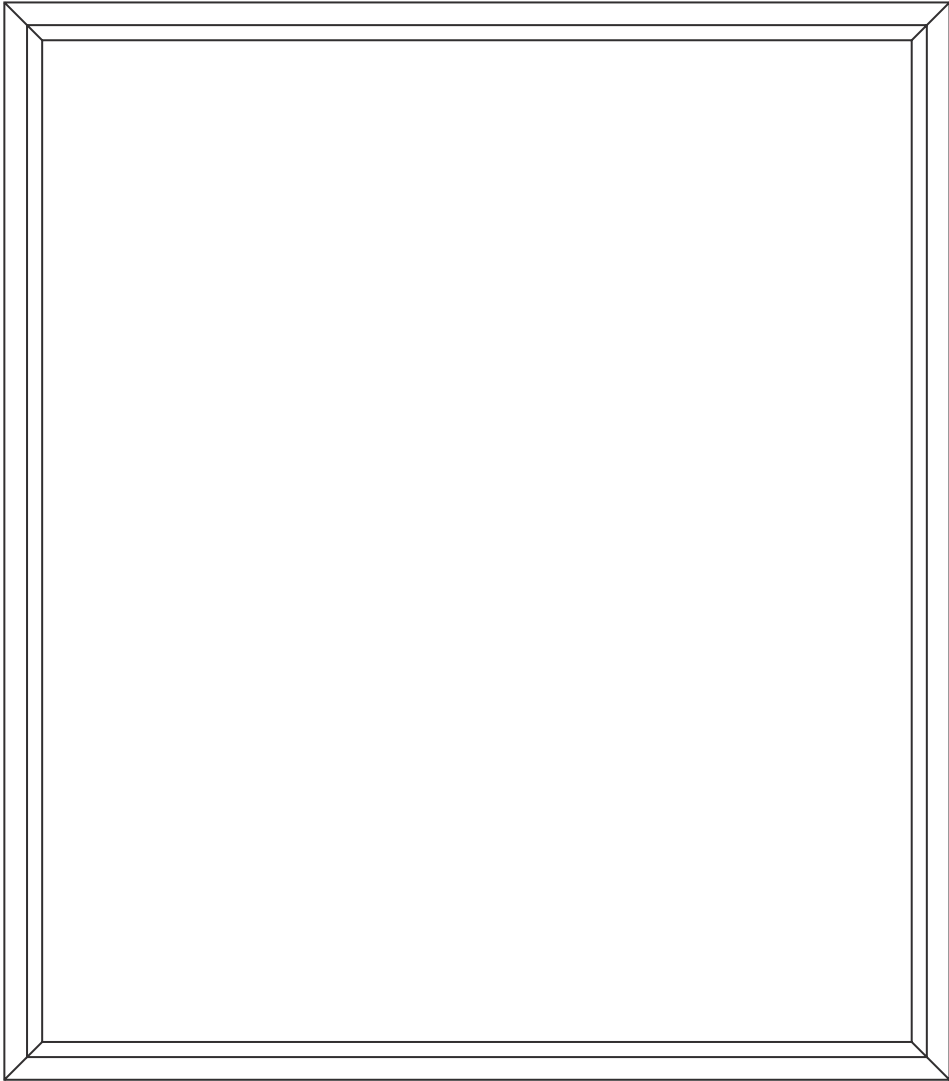
This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

Day 163

Date:

Photo Memories

Print out some photos of some of your favourite moments and make a collage to brighten a rough day.



Day 165

Date:

Laugh For Life

Make a list of five things that make you laugh.

1.

2.

3.

4.

5.

Date:

Day 166

Make A Choice

Consider an important choice that you need to make soon.
Write a pros and cons list to really look at the bigger picture.

[illegible]

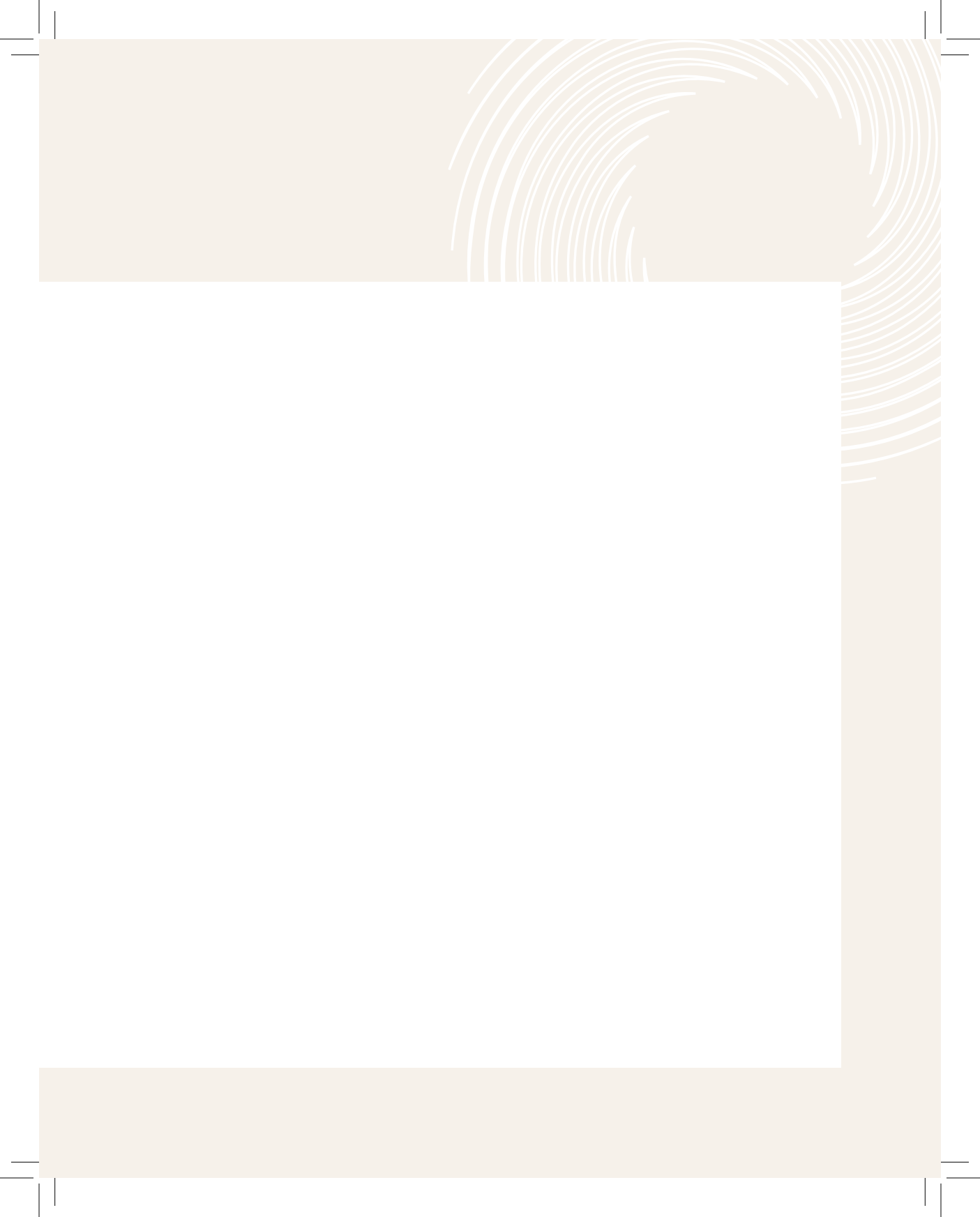
Day 167

Date:

Vision Board

Cut and paste inspiring images to foster positivity in your day.





Day 168

Date:

Comfort & Safety

Create a list of ten things that you can do to make yourself feel more comfortable in life.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 169

Internal Judgement

What things do you keep judging yourself for?

Write down five things you can do to create more self-acceptance.

1.

2.

3.

4.

5.

Day 170

Date:

Risk-Taking

Write about the biggest risk you have ever taken.

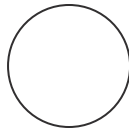
This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 171

Mandala Healing

Draw a mandala. Start doodling in a circle formation from the circle below and work outwards. Reflect on some positive things in your life while you draw.



Day 172

Date:

Reflecting On Memories

What is one past event that you previously perceived as a failure and now perceive as something positive? Why?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 173

It is important to do kind things for others because...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The overall appearance is that of a clean, unused piece of stationery or notebook paper.

Day 174

Date:

Giving To Others

Make a list of ten things you could do to brighten someone's day.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 175

What do you personally get out of doing something kind anonymously?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 176

Date:

Big Ideas

If you could do any one kind thing (with no limitations on location, money, or resources) for one person in the world, what would you do?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 177

What is the best gift you have ever received?

Why did it mean so much to you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 178

Date:

Staying In Touch

List ten ways you could let someone know you care about them.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 179

Sign up for a local class, learn something new and meet other people who live in your area at the same time. Research classes you might be interested in.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 180

Date:

Influences On You

How did your family promote kindness at home?

How do you think that has affected your ability to be kind?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 181

What is one expectation you have of yourself that is affecting you in an emotional, mental or physical way? What steps can you take to alleviate that pressure?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 182

Date:

Make a big decision for you today.

What is it and what will you do after making it?

[illegible]

Date:

Day 183

What do you believe is the greatest thing about you?

[illegible]

Day 184

Date:

Self-Care Feelings

Spend some money on a trip to a salon or massage. Enjoy the pampering with gratitude and take note of what you noticed and felt in the moment.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 185

Gentle Behaviours

In what ways can you be more gentle with yourself?
Write down three of them.

1.

2.

3.

Day 186

Date:

Positive Meeting

Write about a positive interaction you had with a stranger.

[illegible]

Date:

Day 187

Describe a moment when you felt proud of yourself.

[illegible]

Day 188

Date:

Complete The Sentence

If everyone in the world did just one kind thing each day...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no text or other markings on the paper.

Date:

Day 189

What Makes A Good Friend?

Think about what being a good friend means to you and ask some of your friends the same question. Write ten things down and reflect on them.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 190

Date:

Random Acts

What is the most random act of kindness you have ever done for someone?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 191

Write about a teacher that has influenced you.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

Day 192

Date:

Feel It Out

What things make you feel safe, held and supported? How can you include this in your life when you feel stressed?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 193

Your Day

Describe your day in bullet points.

+

+

+

+

+

Day 194

Date:

The Sound Of Silence

Write five things you can do to encourage yourself to be calm when you feel like yelling.

1.

2.

3.

4.

5.

Date:

Day 195

What do you consider the most important things in life?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 196

Date:

If you had the power to do anything, what would you do to change the world?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the paper.

Date:

Day 197

A Grateful Moment

List five things or people you are grateful for today.

1.

2.

3.

4.

5.

Day 198

Date:

A Thankful Moment

What do you feel is the best gift you have given?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 199

Do you think breaking rules is okay if the situation demands it?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 200

Date:

Forgiveness Can Change Things

Are you a forgiving person?

Is there any scope for improvement?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 201

Take any song you enjoy and rewrite it to fit your narrative.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 202

Date:

Taking Care Of You

How can you be more loving towards yourself?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 203

Sit outside for about an hour and write about the sounds you hear.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 204

Date:

Complete The Sentence

My greatest accomplishments so far in life are...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 206

Date:

Nostalgic Snacks

Think about your favourite snack as a kid. Find a recipe for it and write it here.

Take time to make your snack and treat yourself today.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a yellow header bar at the top of the page. The paper appears to be from a notebook or a standard ruled document.

Date:

Day 207

Make A Plan

Today I can be kind to someone by...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 208

Date:

Personal Growth

On a scale of 1-10, how much self-control do you have?

How can you improve?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 209

If people were more compassionate, the world would be...

[illegible]

Day 210

Date:

Are you happy with your current friendships and/or relationships?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 211

What do you need to do or change to make kindness a priority in your life?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 212

Date:

Comforting Moments

What has brought you comfort recently?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 213

Kindness Affirmations

List your five favourite affirmations about kindness.

1.

2.

3.

4.

5.

Day 214

Date:

Reflecting On Yourself

Why do people deserve kindness?

Do you believe that everyone without exception deserves kindness?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 215

What is one thing about your life you would willingly change?

I would change...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 216

Date:

Overcoming Fear

Write about a time you overcame a fear - what you went through at the time and how you feel about it now.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 217

Have you ever chosen kindness over your own desires?

How did that make you feel?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 218

Date:

Shop Local

Take time to swap your 'big brand' shop to buy from a small business in your local area. Do you have any ideas of places you could visit?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 219

How good are you at problem-solving?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 220

Date:

Kind To You

Are you kind and compassionate with yourself as much as you are with others?

[illegible]

Date:

Day 221

Think of a movie or book that portrays kindness.
What does this story teach people?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 222

Date:

What You Know

What is one thing that you know you do really well?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The top of the page has a light blue header area. The overall appearance is that of a standard notebook or composition paper.

Date:

Day 223

How would you rate your work ethic?

Do you think there is scope for improvement?

[illegible]

Day 224

Date:

I am inspired by...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

Date:

Day 225

Making Excuses

List five things you could do to stop making excuses in your life.

1.

2.

3.

4.

5.

Day 226

Date:

Morning Routine

What is one simple adjustment you can make to your morning routine to improve it?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 227

What questions would you like to ask the universe?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 228

Date:

Appreciated & Valued

List ten things that make you feel appreciated and valued by others.

No. 1

No. 2

No. 3

No. 4

No. 5



No. 6

No. 7

No. 8

No. 9

No. 10

Day 229

Date:

Your Challenges

Write about three potential challenges that you have and how you can overcome them.

1.

2.

3.

Day 231

Date:

What does normal mean to you?

Do you think it is good or bad to be normal?

[illegible]

Date:

Day 232

Complete The Sentence

Helping people in small ways is important because...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 233

Date:

Write about a time when you took a risk.

What was the result?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 234

Family Time

What is your favourite family activity?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 235

Date:

Take Five

Allocate five minutes of your day to draw whatever comes to mind.
No pressure for it to be perfect, just put pen to paper.



Day 237

Date:

What is the one thing that you feel you can accomplish only with the support of others?

[illegible]

Date:

Day 238

What is your love language?

How could you communicate this to the people around you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, followed by several rows of writing space. The paper appears to be from a notebook or a standard sheet of stationery.

Day 239

Date:

Would you like to revive a day from the past? Which one?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 240

Brainstorm

Brainstorm ways to spread more kindness throughout the world.

[illegible]

Day 241

Date:

What are your short-term and long-term life goals?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 242

A Happy You

List ten things you could do each day to make yourself happier.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 243

Date:

Think about your relationship with 'giving'.

Describe an experience where you were giving or gave something away.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 244

Being Kind To Yourself

Come up with five positive things you can do for yourself this month.

1.

2.

3.

4.

5.

Day 245

Date:

What are some ways you could influence others to be kind?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The top edge of the paper is slightly irregular, like a torn piece of paper.

Date:

Day 246

Venturing Out

Where would you like to take a solo road trip?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 247

Date:

Sharing Is Caring

Find a morning tea recipe and make it with the intention to share it with friends or workmates. Write the recipe here.

Ingredients:

Method:

Date:

Day 248

Write About It

What has been the best phase in your life so far?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, followed by several rows of writing space. The paper appears to be from a notebook or a standard sheet of stationery.

Day 249

Date:

Ageing & You

Are you afraid of growing old?

How are you dealing with it?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 250

Sharing Time With Others

What is one favourite activity you would like to do with others?

How can you plan to do this more often?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 251

Date:

Volunteering

What are some ways you can volunteer in your community?

1.

2.

3.

4.

5.

Date:

Day 252

Hard To Be Kind

Have you ever been in a situation where it was hard to be kind?

[illegible]

Day 253

Date:

Where is your safe place?

What makes it special to you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 254

Travel List

Create a list of places you would like to travel to most.

1.

2.

3.

4.

5.

Day 255

Date:

Has anyone shown you unexpected kindness recently? Has someone helped you at a time when you really needed it? Write about these experiences.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice. There are no margins, text, or other markings on the paper.

Date:

Day 256

Take Time To Reach Out

Make a list of skills you currently have that could help others.
Consider signing up to volunteer using those skills to help out.

Skill 1:

How this could be helpful:

Skill 2:

How this could be helpful:

Skill 3:

How this could be helpful:

Skill 4:

How this could be helpful:

Skill 5:

How this could be helpful:

Places where I could best use these skills:

Day 257

Date:

Do you need more time with others or more time by yourself right now?

[illegible]

Date:

Day 258

Anger Issues

What makes you feel angry?

How do you deal with your anger?

[illegible]

Day 259

Date:

What is the one thing about you that you wish others knew about?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 260

Friends Are Chosen Family

Write five acts of kindness you can do for friends, try to think of something that will make someone's day. Try to do one of them today.

1.

2.

3.

4.

5.

Day 261

Date:

Does asking for help come naturally to you?

Do you think you need to work on this?

[illegible]

Day 263

Date:

Write about a memory that never fails to cheer you up.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 265

Date:

What is the best advice you've ever received?

[illegible]

Date:

Day 266

Friends & Family Brainstorm

Brainstorm ways you can be there for family and friends when they need you most.

Day 267

Date:

Who is someone you can't imagine your life without?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 268

Regretful moments

Describe a moment you regret.

Write about what you did or wish you had done at the time.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 269

Date:

Kindness Acts

Write a wish list of acts of kindness that you would like to accomplish.

1.

2.

3.

4.

5.

Day 271

Date:

Who would you like to have a stronger relationship with?

What is stopping you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 273

Date:

Feeling Alive

List ten things that set your heart on fire and make you feel alive.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 274

Weather Forecast

What weather do you wish it was right now? Why?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 275

Date:

Is your life now as you imagined it when you were fifteen years old?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 277

Date:

Nightmares

Describe the last nightmare you remember having. What do you think it meant?

[illegible]

Date:

Day 278

Expecting Too Much

What expectations of others should you let go of?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, followed by several rows of writing space. The paper appears to be from a notebook or a standard sheet of stationery.

Day 279

Date:

Your Dream House

Draw your dream home below.

How many rooms does it have? Where would it be?



Date:

Day 280

Reset Button

If you could un-invent something, what would it be?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 281

Date:

What is something you would like to experience for the first time again?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a light blue header area at the top, which contains the text "Lined Paper" in a simple, sans-serif font. Below the header, there are several rows of horizontal lines, providing space for writing or drawing. The overall appearance is clean and professional, typical of standard notebook paper.

Day 283

Date:

Have you ever been influenced by a book or documentary to the point of creating a change in your life? If so, how?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 284

Again & Again

Think of a book that you can read again and again without getting bored. What is it that speaks to you?

[illegible]

Day 285

Date:

What's the most time you've ever spent apart from your favourite person?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The top edge of the paper is slightly irregular, like a torn piece of paper.

Date:

Day 286

Here For You

Think of three people you think may be going through a tough time and send them a text message of support. What did you write to them and what was their response:

Name:

My message:

Their response:

Name:

My message:

Their response:

Name:

My message:

Their response:

Day 287

Date:

If you could be someone else for a day, who would you be and why?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 288

Stress Levels

In what ways are you letting your circumstances determine your stress levels?

What are some things you can do to take charge of how you feel?

[illegible]

Day 289

Date:

What is something surprising that happened to you recently?

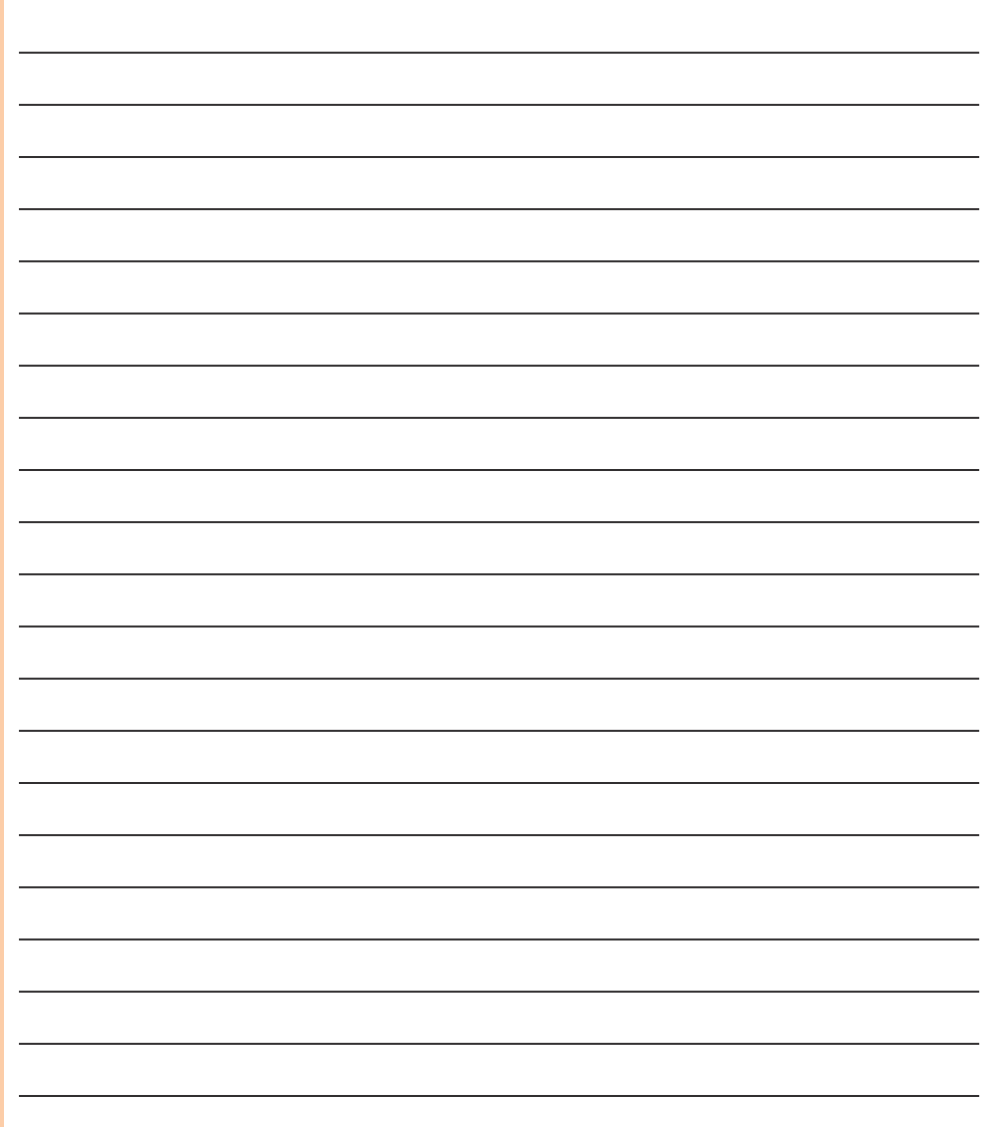
[illegible]

Day 291

Date:

What's the most surreal experience you've ever had?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small orange tab at the top left corner. The paper appears to be part of a notebook or a set of loose-leaf papers.



Day 292

Date:

Oldies But Goldies

Create a list of songs that you keep listening to endlessly no matter how old they are.

1.

2.

3.

4.

5.

Date:

Day 293

Write about a movie that always cheers you up.
What are the best parts of the film?

[illegible]

Day 294

Date:

Embrace The Unknown

Take a short journey today to somewhere you have never been before. Write about what you did and how it feels to try something new.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

Date:

Day 295

Karaoke Night

Create a playlist of songs that you are confident you could sing at a karaoke party.

1.

2.

3.

4.

5.

Day 296

Date:

Kindness Lessons

What does kindness teach people?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 297

What or who makes you feel uncomfortable?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Day 298

Date:

No, Thanks

Is there a place in the world you never want to visit?

Where and why not?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 299

Forgive Yourself

What are some things you need to forgive yourself for?

1.

2.

3.

Day 300

Date:

Extrovert Or Introvert?

Do parties and crowds fill you with energy or steal energy from you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 301

What is a language you would love to learn? Why?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 302

Date:

About You

What is your best inner quality?

[illegible]

Date:

Day 303

Playlist Of The Week

Create a playlist with your top five most listened songs this week.

1.

2.

3.

4.

5.

Day 304

Date:

Empathy

Do you find it easy to feel empathy towards others?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Date:

Day 305

Adventure Time

Go on a new adventure today.

Where will you go? How long for? What will you do?

[illegible]

Day 306

Date:

Magic Powers

What three magic powers would you like to have?
What would you do with them?

1.

2.

3.

Date:

Day 307

Travel List

List five places you have visited and feel grateful for.

1.

2.

3.

4.

5.

Day 308

Date:

Social Media

Do you 'love' social media, or do you just use it because that's where all your friends and family are? How can you use social media in healthier ways?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 309

Do you like surprises or do they unsettle you?

[illegible]

Day 310

Date:

What Is Your Take?

What do you think is the biggest problem facing society these days?
How would you solve this problem?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 311

Do you prefer to visit many places with short stays or few places with long stays?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Day 312

Date:

Sharing Favourites

Take time today to make a playlist or list of films for a friend and send it to them. Consider their favourites and what that could mean to them.

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

Day 314

Date:

The Little Things

Describe a little thing.

Something small you love and that defines your world but is often overlooked.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The top edge of the paper is slightly irregular, like a torn piece of paper.

Date:

Day 315

How has your idea of the 'perfect fairy tale' changed over time?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 316

Date:

Change

How well do you adapt to changes in life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 317

Write about a memory that is a little fuzzy and you wish you could remember better. When did it happen? What happened?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 318

Date:

Live By

What are some words you always try to live by?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 319

What one thing could you do this week to put a smile on someone's face?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

Day 320

Date:

Back In Time

Describe a taste, smell or a piece of music that transports you back to childhood.

[illegible]

Date:

Day 321

Gratitude Toward Others

Write ten ways you can express gratitude to others.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 322

Date:

Making Time For Kindness

Create a list of three activities you can do with friends and then reflect on how you can make your time with them more intentional.

1.

2.

3.

Exploring intentional time with friends...

Date:

Day 323

If you really knew me, you would know...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 324

Date:

Life Meaning

What big change could give your life more meaning?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 325

If you could read a book about everything that will ever happen in your life, would you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 326

Date:

Fly On The Wall

If you could be a 'fly on the wall' anywhere and at any time in history, where and when would you choose?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 327

Are there things you want to do before you get too old to do them? What are they and how can you get started today?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 328

Date:

Home Décor

How would you decorate your bedroom if you didn't have any restrictions.

This image shows a full page of dot grid paper. It features a light green border around the edges. The interior of the page is white and covered with a uniform grid of small, dark grey dots. The dots are arranged in straight horizontal and vertical rows, creating a guide for writing or drawing. There are no margins, text, or other markings on the page.

Date:

Day 329

Seeking Help

List things you need help with and find the right people to help you with them.

+

+

+

+

+

Day 330

Date:

Count On You

Who is the one person you know for sure who would have your back?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a blue header bar at the top of the page. The paper appears to be part of a notebook or a document template.

Date:

Day 331

What makes you feel the healthiest?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

Day 332

Date:

Receiving Kindness

What kinds of people do you think could especially benefit from receiving kindness?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small dark smudge or mark near the top center of the page.

Date:

Day 333

Beliefs Of Others

Can you accept people for who they are regardless of their beliefs?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

Day 334

Date:

Teleporting

If you could teleport anywhere in the world right now. Where would you go? Why?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no text or other markings on the paper.

Date:

Day 335

What You're Doing

List three things you would like to do more of.

1.

2.

3.

Day 336

Date:

You receive exciting news, who do you tell first? Why?

[illegible]

Date:

Day 337

Share a recipe you love with one of your friends or family members.

Write the recipe below:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 338

Date:

Self-Care

Write down your ideal self-care routine.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 339

What makes you feel on top of the world? Why?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 340

Date:

Priorities

List five top priorities in your life.

Does how you spend your time align with these priorities?

1.

2.

3.

4.

5.

Notes

Date:

Day 341

Are you easily influenced by others?

[illegible]


Day 342

Date:

Big Thoughts

'It's never a good idea to discuss religion or politics with people you don't really know.'
Do you agree or disagree?

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



A green background with a white geometric star pattern in the top right corner. A white rectangular box with horizontal lines is centered on the page.

Day 343

Date:

Are you holding a grudge against someone?

What do you need to do to forgive and forget?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 345

Date:

Does stress affect your body?

List five things you can do to address this.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 346

Reflecting On Your Life

Are you where you thought you would be at this age?

[illegible]

Day 347

Date:

Overthinking

Do you overthink things? Does this cause stress and worry?
Write it out...

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The top of the page has a light blue header area. The overall appearance is that of a standard notebook or composition paper.

Day 349

Date:

Is smiling at others an act of kindness? Why or why not?

How does it make you feel when someone smiles at you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 350

Thoughts On Kindness

Is there any situation where being kind isn't the answer?

If so, what is that situation?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 351

Date:

Can kindness be used as a tool by you or against you? If so, how?

[illegible]

Date:

Day 352

Movies That Inspire

Take time today to watch a movie that makes you happy.
Create a list of potential movies below:

+

+

+

+

+

+

+

Day 353

Date:

Kindness For Friends

Write five acts of kindness you can do for family members, try to think of something that will make their day. Try to do one of them today.

1.

2.

3.

4.

5.

Date:

Day 354

Write About It

How do you feel when you witness other people being kind?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 355

Date:

Make a list of positive things about today.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 356

Sharing Knowledge

What is one lesson you can teach people younger than you?

[illegible]

Day 357

Date:

If you found \$100 on a footpath, would you keep it or take it to the police?

[illegible]

Date:

Day 358

Proud Of You

What is something you are proud of achieving or doing?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 359

Date:

Is one act of kindness more important than another? Why or why not?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 360

Big Ideas

Can a single act of kindness change the world? Why or why not?

[illegible]

Day 361

Date:

Family Traditions

What childhood family traditions do you continue to practice?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small dark smudge or mark near the top center of the page. The paper appears to be part of a notebook or a set of loose-leaf papers.

Date:

Day 362

The Coming Year

Is everyone capable of kindness?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 363

Date:

Write about two experiences that you feel grateful for having in your lifetime. Consider events in your childhood and teenage years and how they made you who you are today.

1.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 364

Date:

Future Ideas

What is the one new thing you want to try in the coming year?

[illegible]

Date:

Day 365

Have you ever regretted being kind? Why or why not?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 366

Date:

Journaling


Do you write in a journal?

If so, how has it helped you? If not, why not?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

My Reflection

Write or draw a little reflection on your kindness journey here.



NO ACT OF
KINDNESS, NO
MATTER HOW
SMALL, IS EVER
WASTED.