JOURNAL WRITING EXERCISE

 $\mathbf{N}\mathbf{A}\mathbf{M}\mathbf{E}$:

DATE:

THINKING ABOUT KINDNESS

Writing in a journal helps you recognize your own feelings over certain things or events, no matter how mundane. For this exercise, write down 5 ways you like to receive kindness and 5 ways you show kindness to others. Remember that kindness is love with boots on. It is love in action.