

## **Day 5 Be Kind**

### **Quote**

Kindness is the language which the deaf can hear and the blind can see. Mark Twain

### **Bible Verse**

For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. 2 Peter 1:5

### **Inspiration**

The Power of Kindness

<http://www.youtube.com/watch?v=23AsP-QC52Y>

Kindness Boomerang

<http://www.youtube.com/watch?v=nwAYpLVyeFU#t=14>

### **Gratitude link**

Kindness ideas

<http://www.kindspring.org/ideas/>

### **Journaling**

We know how to be kind to others and are delighted to receive kindness from other people. However, how kind are you to yourself?

Do you show yourself compassion or are you hard on yourself?

What acts of kindness can you give yourself?

### **Action**

Be kind to yourself today and do something to treat yourself.