

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?

Technique

Tim Holtz

<http://www.youtube.com/watch?v=UV-8nWHplaY>

Action

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