



Week of Kindness

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MONDAY

Send a letter (yes via the mail) to a woman in your community that you think could use some kind words. Could be a family member, church member, old high school friend.

THURSDAY

Know a single mom? Drop off a gift, send her a note, take her some baked goods. Something to bless her and let her know she is not alone.

TUESDAY

Call one person in your extended family this week to check on them and see how they are doing.

FRIDAY

Kindness is no good without self-care. Take a Window marker and write 3 things on your bathroom mirror that you know are your strengths. Call your friend if you are stuck. You can do it!

WEDNESDAY

If your finances allow, buy the person behind you in line for coffee a drink.

SATURDAY

Kindness to your spouse day. Holidays can be stressful in a marriage. If you are married or in a relationship, do something today to make your spouse happy. What is your spouses Love language?

