

Weekly Kindness

Write down
each day every
kind thing that
you do, and add
them up.

Monday

Tuesday

Total:

Total:

Wednesday

Thursday

Friday

Total:

Total:

Total:

Saturday

Sunday

Total:

Total:

Research has found
that counting
kindness increases
your happiness
(Otake, Shimai,
Tanaka-Matsumi &
Otsui, 2006).