



Expressions of Kindness



Expression of Kindness	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Communicated that I value our relationship							
Complimented something they did well							
Gave them a pleasant surprise as encouragement							
Listened when they were burdened							
Initiated a conversation in their area of interest							
Asked about an upcoming event in their life							
Offered to help without being asked							
Wrote a positive letter / note							
Talked about positive changes I've seen in them							
Participated in an event or hobby they enjoy							
Remembered a special day in their life							
Reflected on "good times" we spent together							
Read an article about their area of interest							
Made time to "just hang out" together							
Sent something I know would make them laugh							
Other:							
Other:							
Other:							
Other:							
Other:							

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