Daily Quote Journal

Date: _____

Name: _____

## "Kindness is always fashionable."

### - Amelia E. Barr

Journal Prompt: Acts of Kindness

Being kind doesn't only help the person we're kind to. There is a special reward to us as well when we practice being kind: we feel good about helping someone and making their lives a bit better in some way. Give three examples of how you could practice kindness -- in ways that you don't ordinarily consider.

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