

The KINDNESS CHALLENGE

Kindness Gives you Superpowers!

- Makes you bullet proof
- Disarms the attacker
- Melts through walls
- Gives you x-ray vision
- Opens locked doors

The Kindness Challenge

(Guaranteed to improve any relationship in 30 days!)

1. For thirty days, say nothing negative about your person, either to them or about them to someone else. If something negative is unavoidable, be constructive and encouraging without a negative tone.
2. Every day, find one positive thing that you can sincerely praise or affirm about your person and tell them, and tell someone else.
3. Every day, do a small act of kindness or generosity for your person.

Keep a record of your feelings and your results:
did the experiment improve your relationship?
Have your feelings toward this person changed for the better?

