

Three Key Life - 7 Day Kindness Challenge

<i>Days</i>	<i>Act of Kindness to Yourself</i>	<i>Act of Kindness to Another #1</i>	<i>Act of Kindness to Another #2</i>	<i>Reflection - Wisdom</i>
Day 1 - Date:				
Day 2 - Date:				
Day 3 - Date:				
Day 4 - Date:				
Day 5 - Date:				
Day 6 - Date:				
Day 7 - Date:				

-Instructions for the *Three Key Life - 7 Day Kindness Challenge*-

Each day I invite you to:

#1. Practice 3 Random Acts of Kindness Each Day - Two acts of kindness to another and One act of kindness unto yourself.

#2-Highlight Acts of Kindness - Each night write down the acts of kindness that you practiced during that day.

#3 - Reflect upon Kindness - Each night reflect upon the good that you did and write it down in the reflection column. Then envision the good that you would like to practice the next day.

#4 - Day 7* - Look over the last 7 days of kindness, the 21 acts you've jotted down. Reflect upon all the individuals lives you have empowered through this simple but powerful process of kindness.

Be Grateful and Repeat.

Created by Jeffon Seely of ThreeKeyLife.com

“Unlock Your Greatness”