

# Sending Kindness

Kindness towards others can take many forms. It can be external, in how you treat and talk to others. It can also be internal, in how you *think* about others. Cultivating internal kindness and gentleness can help you build gratitude and compassion.



**Directions:** To become more mindful of your kind thoughts, try writing them down! Over the course of a few days, use the log below to record your kind thoughts toward others. Each time you have a loving, caring, complimentary, compassionate, or forgiving thought about another person, write it down, along with the name of the person you are thinking about. At the end of the week, you may wish to compile these thoughts into notes or letters you can share. Or, you may simply decide to save this log and refer to it as you practice cultivating and sending kindness in your everyday life.

Person	Kind Thought

**Take It Further!** After completing your kindness log, reflect on how this exercise has impacted your thoughts, your outlook, and even your relationships. Write your reflections below.

---



---



---