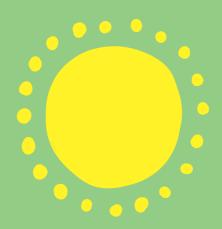
Collins

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Published by Collins An imprint of HarperCollins Publishers Westerhill Road, Bishopbriggs, Glasgow G64 2QT

HarperCollins Publishers 1st Floor, Watermarque Building, Ringsend Road, Dublin 4, Ireland

www.harpercollins.co.uk

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A catalogue record for this book is available from the British Library.

978-0-00-854523-9

Printed in India

10987654321



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I dedicate this book to my Camp Friendship friends, the kindest people I know.

Collins



Becky Goddard-Hill

Kind





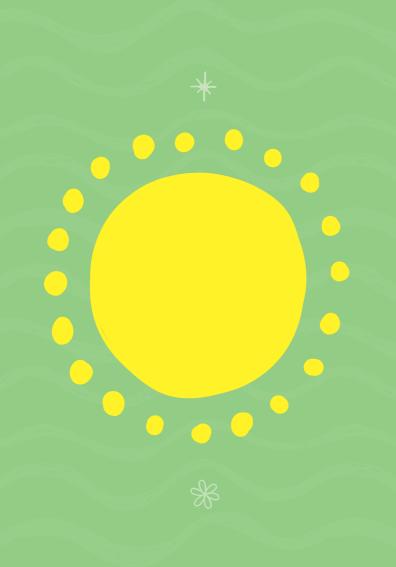




KINDNESS is POWERFUL, it can HEAL, HELP, ENCOURAGE and SUPPORT. And, whether that KINDNESS is shown to yourself, other PEOPLE or THE PLANET, it makes a HUGE and positive DIFFERENCE in

(YOUR LIFE.)









Try out the simple activities throughout your day or the whole week through and read the inspirational quotes all about being kind. The affirmations are positive statements that you might want to repeat to yourself or say aloud to strengthen your belief in them.

The book is perfect for opening at the beginning of your day, before you go to bed or anytime!

NEW BEGINNINGS

A new book and a new beginning with 365 days of kindness ahead of you. Could you make a kindness commitment for the year ahead? Perhaps it could be to use more kind words, or to be kinder to others or yourself? Try writing it and signing your name against it. Then place it somewhere you will see it often.

IT'S A TIME FOR NEW BEGINNINGS.

I will fill the YEAR AHEAD with KINDNESS.

3

66 I hope you realise that every day is a fresh start for you. That every sunrise is a new chapter in your life waiting to be written.

Juansen Dizon









4"Where do we BEGIN? BEGIN with the HEART."



Julian of Norwich

"We all get the exact same 365 DAYS. The only difference is what we do with them."

Hillary DePiano

6 I commit to being KINDER.

7"TO KINDNESS AND LOVE, *

the things we need the most.**

The Grinch