

Collins

365
Days
of
Kind

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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.





Are you ready to spread kindness every day of the year?

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

1

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.





2

**I will fill
the YEAR
AHEAD with
KINDNESS.**




3

“ 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.”

5

Hillary DePiano

6 I commit to being
KINDER.

7 “TO KINDNESS AND LOVE,
the things we need the most.”

The Grinch