Kindness Matters

John Magee

30 Day Journal

KINDNESSMATTERS

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KINDNESS MATTERS

John Magee

Enter your full name and year group below

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30 Day Challenge

The Kindness Matters Pledge

Now that you have committed to your Kindness Matters 30 Day Challenge, every night before bed, think of an act of kindness you can do the next day. Acts of kindness cost nothing and by doing this you will wake up the next morning safe in the knowledge that you can begin to share your kindness with others.

Step 1:

I have decided which act of kindness I am going to apply tomorrow. I know that my act of kindness is going to have a positive impact on the person who receives it. I am also going to be open to all the possibilities for unplanned kindness and Random Acts of Kindness that arise during my day. When I have undertaken any kind act I will say to myself:

I am grateful that all my kindness matters and makes a difference.

Step 2:

I am going to let go of any limiting belief that my kind acts won't make a difference, or thinking that I am not a kind person. I will let go of any limiting beliefs that are holding me back from understanding just how much I matter to people. I accept that I am a part of everything and everything is a part of me and, therefore, when there is an opportunity for me to be kind and compassionate to another person, I will take the opportunity that has been gifted to me to use this opportunity for a force for good. I know that as I give to others, I give to myself.

Step 3:

Each day, at the end of my day, I will dedicate special time to record my kindness from my day in my Kindness Matters 30 Day Journal.

Step 4:

I will take the time to reflect on my day, using my imagination to pause and look back on the day's events. I will ask myself:

- What acts of kindness did I give today?
- What did I learn from my kindness today?
- What did I enjoy most about my kindness today?

The Kindness Matters Vow

I vow that each day, with every breath, word and step, I will be open to all the opportunities to be kind. Therefore, if there is an opportunity for me to be kind and apply a random act of kindness, let me grasp that opportunity and be of service, safe in the knowledge that all my kind acts make a difference. I vow from this day forward that no matter what challenges life throws at me, I will live with an attitude of "I live to give." I know that all of my Kindness Matters.

Recording your Kindness

Recording our daily acts of kindness is an extremely powerful tool, as it helps us to reflect on our current and past actions. It can help us to recognise all the good we do in our daily lives.

Sometimes, we can get bogged down with school work, hobbies and socialising. However, finding a suitable time in the day that is right for us to record our kindness and to reflect on our kind acts can have huge positive mental health benefits. By writing about your kindness and random acts of kindness on a daily basis, you will begin to develop a greater awareness of how your kind and compassionate deeds have a significant impact on you and your wider community.

Life can be so unpredictable. Recording your random acts of kindness gives you time to reflect, and has been proven to help raise self- esteem, develop friendships, make you feel better and, more importantly, can help you to gain resilience and give you tools for the future to apply in times of need.

How to journal your 30 Day challenge

1. The Kindness Matters 30 Day challenge is all about you and your experiences. Whatever you write needs to be from your heart and form part of your own personal journey.

2. Trusting the process and committing to doing your bit each day will help you increase your feelings of well-being and your sense of purpose.

3. Recording your kindness and Random Acts of Kindness before bed-time can be helpful as it can put you in a relaxing state ready for a good night's sleep.

4. When you are completing your Kindness Matters 30 Day Challenge, try to put yourself back into the experience and write what you could see, hear and feel from when you carried out your act of kindness.

5. As you complete your Kindness Matters 30 Day Challenge, it's useful to stop and think of the effects your acts of kindness had on any other people who were involved.

6. Love and accept yourself. Understand that we are learning and growing, and that we are all doing our best with what we know in each moment of time. You have so much to give to the world and you can contribute to making it a better place. Recording your kindness experience will remind and help you understand just how much you matter.

Thank you for your kindness
John Magee - The Kindness Coach

My 30 Day Challenge

What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Why does kindness matter?*

KINDNESSMATTERS

What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *How does being kind make you feel?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What was the last compliment you gave to a teacher?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Who was the last person you opened the door for?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Is putting litter in the bin an act of kindness? Why?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Have you ever helped another pupil feel less alone at school?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What was the last compliment you gave to the canteen staff?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What kind words could you say to your teachers today?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *How can you be kind when you're out in the community?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Who is kind to you? And how does that make you feel?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What acts of kindness do you do around the school?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What acts of kindness do you do for your family/carers?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What was the last compliment you received?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Why is giving hugs an act of kindness?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What act of kindness have you done that you will never forget?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Who is the kindest friend you know?*

What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What was the last act of kindness you were proud of?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Have you ever offered to help a teacher with their equipment?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Have you ever told the head who your favourite teacher is and why?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What's the last item of class equipment you shared with another pupil?*

KINDNESSMATTERS

What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Have you ever done anything kind?*

KINDNESSMATTERS

What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Why does practising kindness make you happy?*

KINDNESSMATTERS

What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What is Oxytocin?*

KINDNESSMATTERS

What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What was the last act of kindness you saw somebody do?*

KINDNESSMATTERS

What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What acts of kindness do you think are important?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What acts of kindness do you do every day?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Why do you believe it's important to be kind?*

KINDNESSMATTERS

What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *What was the last act of kindness you did in the community?*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Can you list five acts of kindness to do that are free?.*

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What acts of kindness have you shown today?

For yourself

For others

For the environment

How would you rate yourself on your acts of kindness today? **Please tick one heart only*

What act of kindness could you have shown today, but didn't?

Today's question: *Write down the best act of kindness you have done this month.*

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“This is the beginning of a new day.
You have been given this day to use as you will.
You can waste it or use it for good.
What you do today is important because you
are exchanging a day of your life for it.
When tomorrow comes, this day
will be gone forever;
in its place will be something that you
have left behind...
let it be something good.”

- Japanese Proverb

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