



# MY KIND JOURNAL

Keep Track of KIND Things  
You've Done for Others

*because...*

Being Kind Really Matters

*Anna Goldstein*

## DEAR KIND PERSON,

I am excited for you to embark on this life changing journey. I know how much this practice has made an impact on my life and I can't wait for you to experience great levels of happiness too.

I love the way I feel when I'm kind to others. It makes me feel more connected to myself and to the world. That's why I created this journal, because since I started to write down kind things I did for someone each day, I became more aware of the impact it was having in my life. Every day, I see big or little opportunities to lend a helping hand or provide support for someone else.

By making a conscious decision to do something kind daily, we'll all have more mindfulness, love, and compassion in our actions. These kind actions will create a ripple effect.

For sure, this journal does not suggest that you have to be nice all the time! You can get mad and angry and frustrated and show those emotions that we all experience - and still do something nice for someone every day.

I don't make any suggestions about what you can do that's kind towards others. I leave that totally up to you. The important part to focus on is that any kind act, statement or behavior that is simply about doing something nice that impacts your family, others, your community, the environment and the world in a positive way, matters.

If you don't receive appreciation for being kind, you can lose your motivation to be kind to others. Try to let go of the outcome, and remember everyone is fighting a battle.

I welcome you in joining me in this endeavor to write down an act of kindness you do each day.

**Love and Kindness,**

*Anna*

[annagoldstein.com](http://annagoldstein.com)

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Thank you  
for filling up  
the pages with  
*kindness*  
you've done.