

## Plan for Kindness<sup>©1</sup>

You are powerful and capable, responsible for helping people remember the most powerful force in the Universe. You can help make your home, school and community the kind of place where everyone feels appreciated, loved and wants to be.

Use the Power of Love in Action worksheet. You listed the kinds of behavior that is kind and makes people feel appreciated, loved and happy. These are the important attitudes, behaviors and skills you will need to help people remember the most powerful force in the universe and be kind.

Select from the Power of Love in Action Worksheet (KAW) worksheet characteristics you plan to improve and put into action.

I have identified the following ways for being kind that I will focus:

1	2
3	4
5	6

I will do the following to become the kind person I want to be:

1
2
3
4
5
6

I will speak with the following people to help me with my plan:

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I would like my teacher(s) to help me by:


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<sup>1</sup> © David G. Blumenkrantz

I would like my parent(s) or guardian(s) to help me by:


I make a commitment to try my best to become kind to others, to make them feel valued and do whatever it takes, talk to whoever I need to in order to achieve my goal for becoming the kind of person I want to be.

Student's Signature \_\_\_\_\_ Teacher \_\_\_\_\_

Guide/Mentor \_\_\_\_\_ Parent(s) \_\_\_\_\_