

YOUR Life YOUR Voice
www.yourlifeyourvoice.org

#BeKind

CHALLENGE

After you complete each challenge, you can tear off the tab, check it off, or record what you did for each act of kindness.

#BeKind To Yourself	ylyv.org					
#BeKind To Your Family	ylyv.org					
#BeKind To Your Friends	ylyv.org					
#BeKind To Your Co-Workers Or Peers	ylyv.org					
#BeKind To Your Community	ylyv.org					
#BeKind To Your Environment	ylyv.org					
#BeKind To Your Enemies	ylyv.org					
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7