

We're building a
healthier nation.
Starting with you.



Your Kindness Planner

#spreadkindness

Did you know kindness can:

- ◆ Decrease stress
- ◆ Increase happiness
- ◆ Boost your immune system
- ◆ Reduce blood pressure

and... Inspire **more kindness**

Use our kindness planner to think about ways you can inspire kindness.

Not only will it improve your own health but it will also spread positivity and benefit those around you.

#spreadkindness



“No act of kindness no matter how small is ever wasted” - Aesop

Date:

Today I will spread kindness by:	Today I will be kind to my body by:
Today my focus on kindness will be:	My healthy eating plan:
<ul style="list-style-type: none">◆ Kind to self◆ Kind to others◆ Kind to my community	
Practicing kindness - My to do list: (e.g. compliment a colleague)	
<ul style="list-style-type: none">◆ _____◆ _____◆ _____◆ _____	
Kindness I noticed today:	Kindness I would like to see tomorrow:
What I'm grateful for:	My notes:



“Unless your kindness includes yourself it is incomplete”

Date:

What was my week like?

Three words that describe my week:

Three empty rectangular boxes for writing words.

My week in a doodle / sketch:

A large empty rectangular box for drawing or sketching.

My kindness ratings for the week:

Unkind to myself	1	2	3	4	5	Kind to myself
Unsupportive self-talk	1	2	3	4	5	Supportive self-talk
Self critical	1	2	3	4	5	Encouraging
Disconnected	1	2	3	4	5	Connected
Compare myself to others	1	2	3	4	5	Focus on my own goals

This weeks blocks to kindness:

A large empty rectangular box for writing about blocks to kindness.

My standout moments of kindness (no matter how small):

A large empty rectangular box for writing about standout moments of kindness.



Date:

Reflecting on my week

Things I
learned
this week:

Kindness I am
grateful for
(both giving and
receiving):

My plan for future
moments of kindness
(giving and receiving
to and from myself
and others)



“Kindness costs nothing but means everything”

Date:

My weekly kindness planner

Week commencing:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



How to be kind... My ideas...

Date:

Activity Examples	My Ideas
Write a letter of gratitude to someone who has helped me.	
Create a culture of kindness in my workplace by using kind and caring language.	
Write a list of my best qualities, attributes and achievements, no matter how small.	
Phone somebody who needs cheering up.	
Send someone a photo of a happy memory you shared together.	
Tell someone in your team what you like most about them.	
Volunteer to help a friend, family member or help within your community.	

You will never speak to anyone
more than you speak to yourself
in your head.

Be kind to
yourself

#spreadkindness

