

# Sandra's Angels — Acts of Kindness Checklist

*Love lives on in the kindness we give.*

- Send a thoughtful text or note to someone who crossed your mind
- Hold space and truly listen without fixing
- Offer a sincere compliment
- Pay for someone's coffee or meal
- Leave a kind note for a stranger
- Check in on someone who may feel alone
- Give yourself permission to rest without guilt
- Practice patience in a stressful moment
- Express gratitude to someone who supports you
- Donate or give gently to someone in need
- Perform a quiet act of service without seeking recognition
- Speak kindly to yourself today
- Offer forgiveness — to yourself or another
- Take a mindful breath and ground yourself
- Share encouragement where it's least expected
- Do one small thing that brings peace to your heart

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## My Kindness Pledge

*What act of kindness do I choose to lead with this week?*

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## Reflection

**How did this feel?**

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