

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

My Kindness Pledge

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

Reflection

How did this feel?
