

The Kindness Concert Experience



Creating a KINDER world through the power of MUSIC

Kindness Log

Kindness Log for _____
(name)

Week Ended: _____
(date)

How much kindness is in your life?

How much kindness do you show to others?

How much do you receive?

Find out.

1. Start tracking personal experiences with The Kindness Concert Experience Kindness Log.
2. Every time you are aware of an act of kindness, please put a check in the appropriate box below.
3. Take notes to help you remember the stories.
4. Share your stories with us at www.TheKindnessConcert.com/stories

Activity	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<i>Acts of Kindness Received:</i>							
<i>Acts of Kindness Given:</i>							

Has music played a role in your kindness? How?

Please join our fan club at www.TheKindnessConcert.com/FANS for more kindness resources

www.TheKindnessConcert.com

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