

No act
of kindness,
no matter
how small,
is ever wasted
Aesop

I & R KINDNESS



I = INTENTIONAL



R = RANDOM



Spiritual Practice

I & R KINDNESS



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I = INTENTIONAL

R = RANDOM

Perform a minimum of one
Intentional Act of Kindness
each day.



Perform a minimum of
one Random Act of
Kindness each day.

Journal about your results and the impact on YOU!

