



Name _____

Month / Year _____



Motivation

50 Acts of Kindness

for the Month of _____

What is an AOK (Act Of Kindness)? An AOK is any small act on your part that helps another person without being asked – holding a door open, helping out around the house, picking up litter in your neighborhood, or just simply saying “Thank You.”

***EARN A STAR:** *Record how many simple Acts of Kindness you do each day for the Month of _____ for a total of 50.

Mon	Tue	Wed	Thu	Fri	Sat
Mon	Tue	Wed	Thu	Fri	Sat
Mon	Tue	Wed	Thu	Fri	Sat
Mon	Tue	Wed	Thu	Fri	Sat
Mon	Tue	Wed	Thu	Fri	Sat

