

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #44: WRITE A KIND NOTE TO A FAMILY MEMBER



“Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and it's beauty.”

Albert Einstein's sentiment is that when we live life compassionately by showing love to others, compassion allows us to not just be present in a moment but it cultivates enjoyment and fulfillment. If we have purposeful compassion for the world around us, including our loved ones, then we can feel content and positive knowing that we've spread kindness. It is important to show compassion for ourselves and other people every day.

Practice Compassion Today:



1. FIND FIVE MINUTES OF THE DAY YOU CAN SET ASIDE FOR THIS ACTIVITY.
2. FIND A STICKY NOTE OR PIECE OF PAPER AND PREFERRED WRITING TOOL (PEN, PENCIL, MARKER, ETC.)
3. WRITE A KIND NOTE FOR A FAMILY MEMBER. THIS CAN BE AN ENCOURAGING STATEMENT OR SOMETHING YOU LOVE ABOUT THEM.
4. SEND THEM THE KIND NOTE KNOWING YOU'VE SPREAD COMPASSION TODAY.

Parent Practice Tip:

Write a kind note to your child(ren)! Read them the kind note out loud. Show them how they can write their own kind note to a family member too!

To Learn More:

What is Compassion in Action?
Some Kind Words Kids Can Write

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