



# Spread Kindness

Success begins with a plan. We've provided a few ideas to get you started. Complete this template to create your action plan to Spread Kindness. Then follow the steps you've defined to achieve your goal.

Name:

Date:

My goal is to:

I will complete my goal by: (date)

I will know I've achieved my goal when:

I am working on this goal with: (add names)

**KINDNESS TIP:**

Even the simplest acts of kindness, like a smile, a thank you note or an encouraging text message can make someone's day better.

Specific steps I will take to reach my goal:

Resources I can use:

I will complete this step by: (date)

1. Learn more about giving back	<u>Kindness Health Facts</u>	
2. Send a compliment to someone you care about	<u>Happify: Power of a Single Act of Kindness</u>	
3.		
4.		
5.		

Need additional resources? Visit [WellBeingAtAECOM.com](http://WellBeingAtAECOM.com).

*You can always give something, even if it is only kindness. – Anne Frank*