

## One Week of Kindness

Spend a week engaging in the thoughtful acts of kindness for animals, people or environment. Record your act on this log. Bring it back on.....

Date	What did I do?	How did I feel?	What difference did I make? (to the animal/person/environment/community)

Kind speech and forgiveness are better than charity followed by injury. And Allah is Free of need and Forbearing. Al-Qur'an 2:263