

# It's All About Family!



## Week #2: Kindness

Kindness is love in action. If patience is how a loving person reacts to a negative situation, kindness is how a loving person acts to make a positive situation. Becoming a kind person requires four things:

1. **Initiative:** Take the first step to do something that will help someone without waiting to be asked.
2. **Gentleness:** Speak the truth with sensitivity and tenderness. Never use harsh words.
3. **Helpfulness:** Work to meet the needs of any moment.
4. **Willingness:** Take on an agreeable attitude. Rather than complaining or making excuses, look for creative ways to accommodate and adjust.

## Challenge #2: Kindness

*In addition to saying nothing negative to or about anyone, do at least one unexpected gesture for someone as an act of kindness.*