



You @ Positive Challenge

Intentional Acts of Kindness

Intentional acts of kindness. This helps me acknowledge and strengthen my social support network.

MY friends, family, coworkers and others (also called my “support network”) are more important to my health and wellness than I may believe. Also healthy relationships are valuable and worth my investment of time.

Your *intentional acts of kindness* can take on many forms. It can be a simple note, an unexpected gift at an unexpected time, a simple task that makes someone’s day easier or brighter.

It can be as simple as an email saying: “*I wanted to thank you for.....*”

You get the idea.

The [Hapyr web site](#) facilitates a daily email. **Note:** The Hapyr web site will help you with your 3-gratitudes, your journal and your intentional acts of kindness.

Congratulations on completing 21 days of intentional acts of kindness. You will receive a link for a survey which you will use to report your success.