SELF-CARE

Taking care of yourself through kind words, actions and thoughts.

RANDOM ACTS OF KINDNESS FOUNDATION®
www.randomactsofkindness.org
CARING

Feeling and showing concern for others.
COMPASSION
Being aware when others are sick, sad, or hurt and wanting to help.

RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org
RESPECT

Treating people, places, and things with kindness.

RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org
HELPFULNESS

Assisting or serving in a kind way.
RESPONSIBILITY

Being reliable to do the things that are expected or required of you.
PERSEVERANCE

Keep trying even when something is difficult, not giving up.

RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org
SELF-DISCIPLINE

Controlling what you do or say so you don’t hurt yourself or others.

RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org
ASSERTIVENESS

Standing up for yourself and what you believe in while being respectful of others.
FAIRNESS

Treating people in a way that does not favor some over others.
INTEGRITY
Acting in a way you know to be right and kind in all situations.

RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org
Being thankful for and appreciating what you have and those around you.
SELF-CARE

Caring for yourself mentally, physically, emotionally and socially through your words, actions and thoughts.
CARING
Feeling and showing concern for others.
Feeling empathy for and wanting to help another in need.
RESPECT

Treating people, places, and things with kindness.
HELPFULNESS
Assisting or serving in a kind way.
RESPONSIBILITY

Being reliable to do the things that are expected or required of you.

RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org
PERSEVERANCE

Keep trying even when something is difficult, not giving up.

RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org
SELF-DISCIPLINE

Controlling one’s words and actions for the benefit of self and others.
ASSERTIVENESS

Standing up for yourself and what you believe in while being respectful of the rights and beliefs of others.

RANDOM ACTS OF KINDNESS FOUNDATION

www.randomactsofkindness.org
FAIRNESS
Treating people in a way that does not favor some over others.
INTEGRITY
Acting in a way you know to be right and kind in all situations.

RANDOM ACTS OF KINDNESS FOUNDATION
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Being thankful for and appreciating what you have and those around you.