

SELF-CARE

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

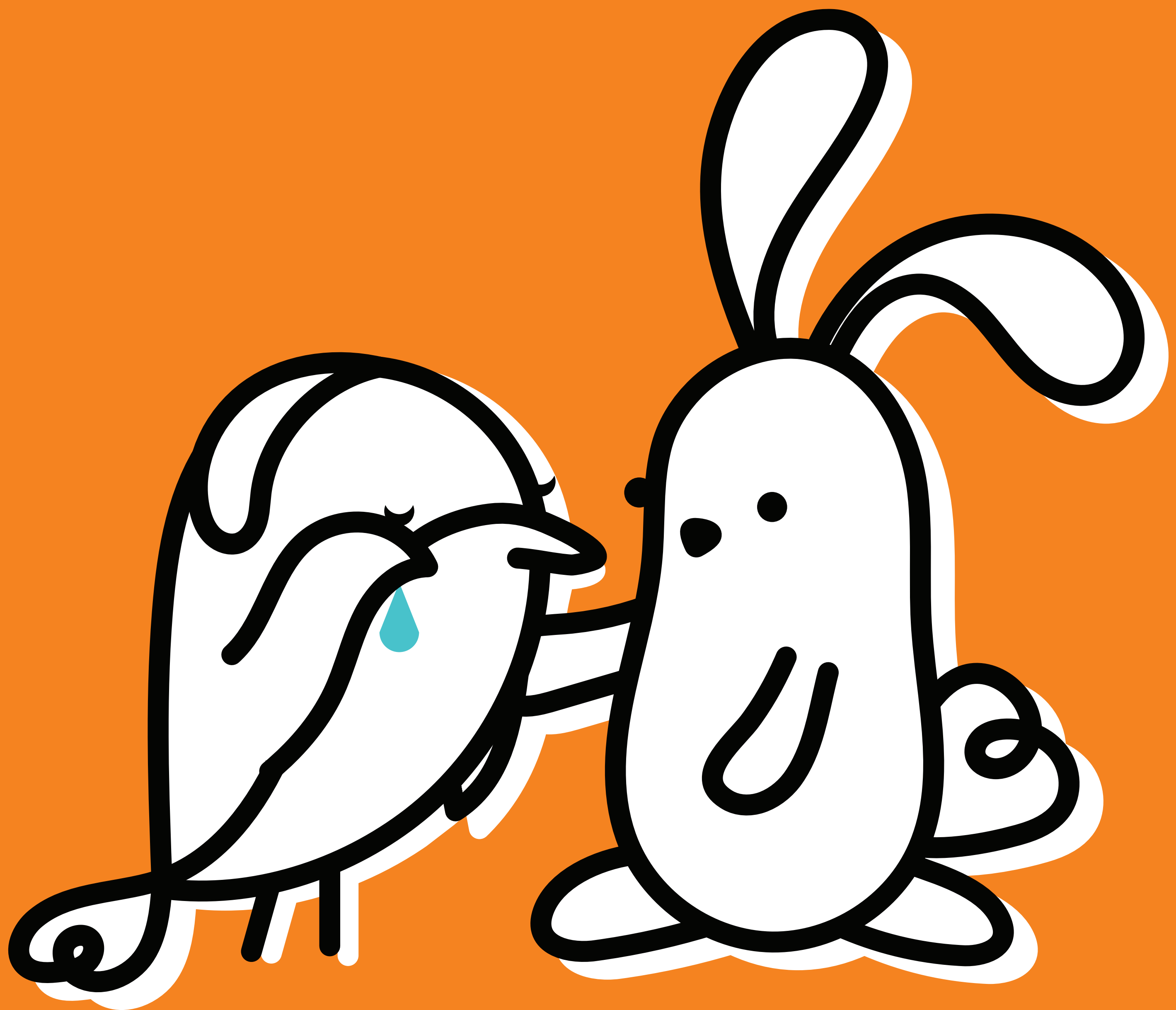


RANDOM ACTS OF KINDNESS
FOUNDATION®

www.randomactsofkindness.org

CARING

Feeling and showing
concern for others.

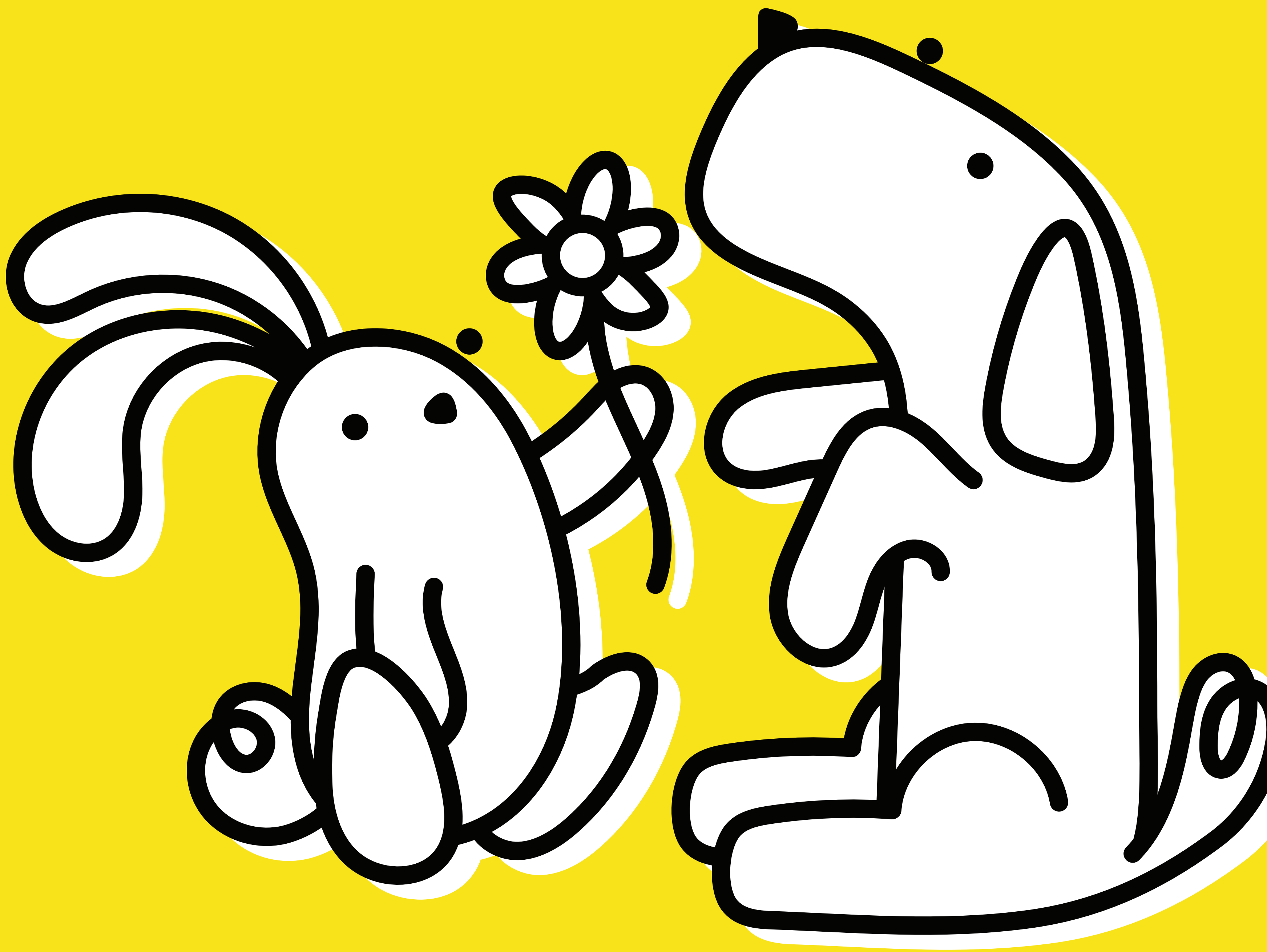


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COMPASSION

Being aware when others are sick,
sad, or hurt and wanting to help.

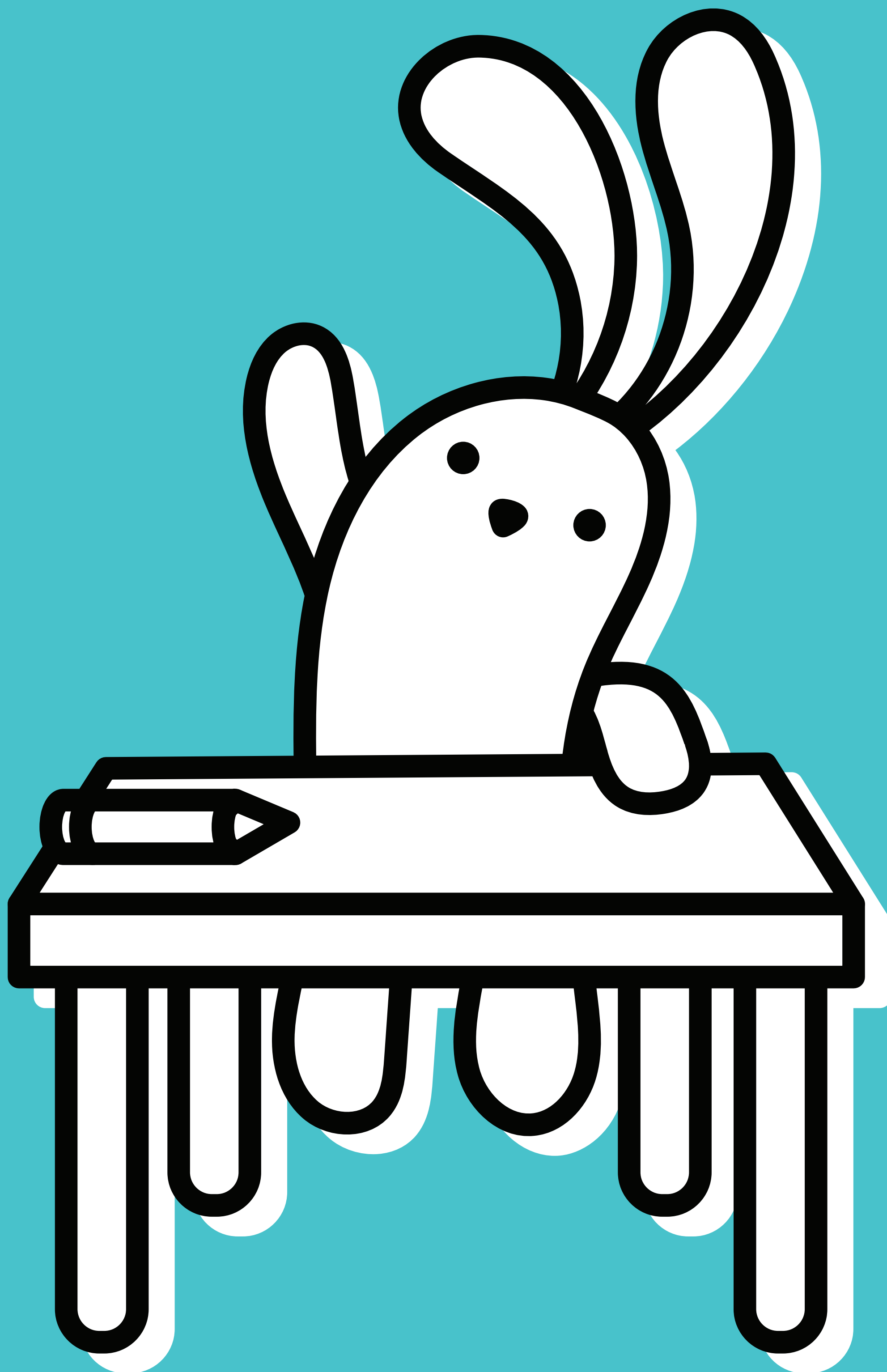


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RESPECT

Treating people, places,
and things with kindness.

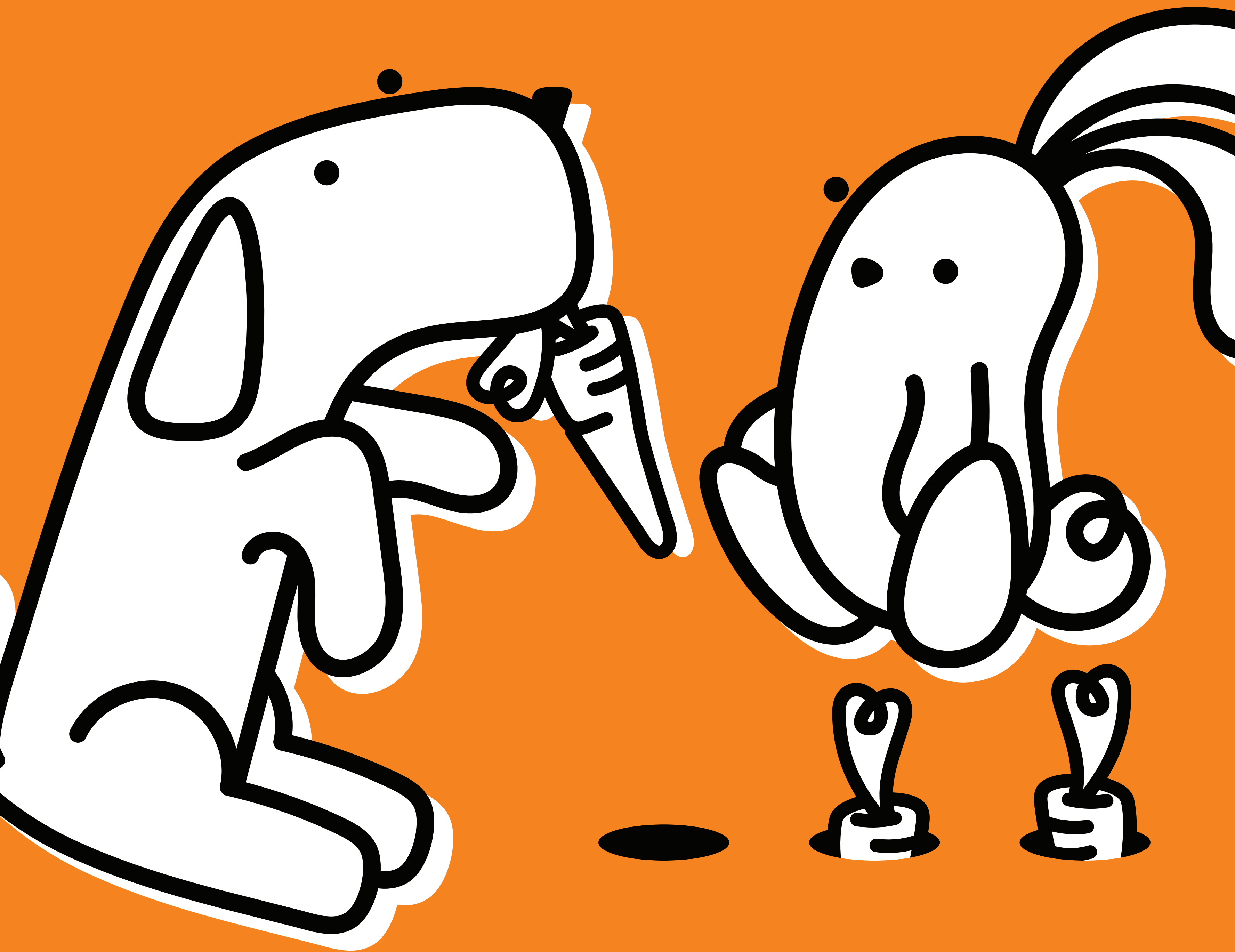


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HELPFULNESS

Assisting or serving
in a kind way.

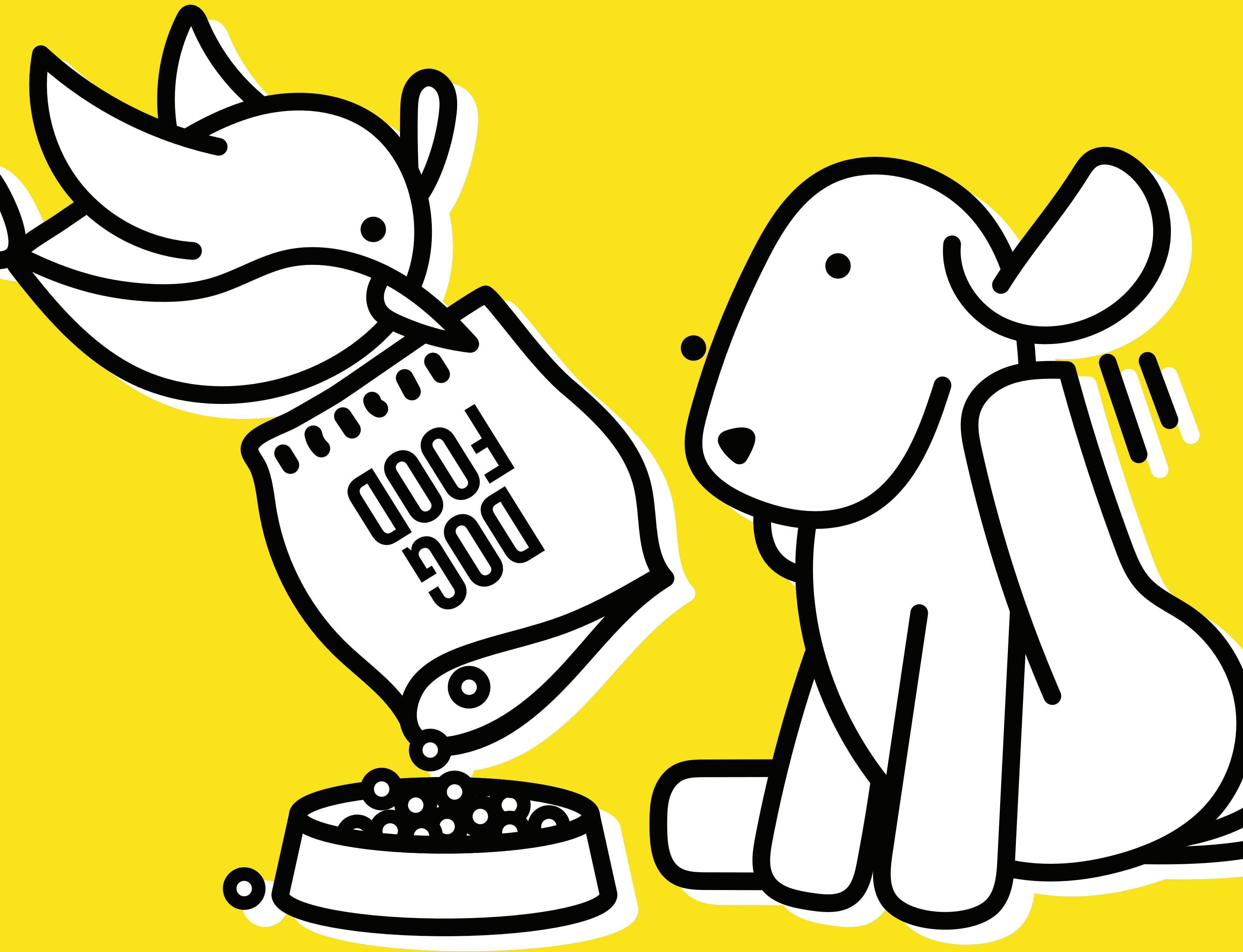


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RESPONSIBILITY

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

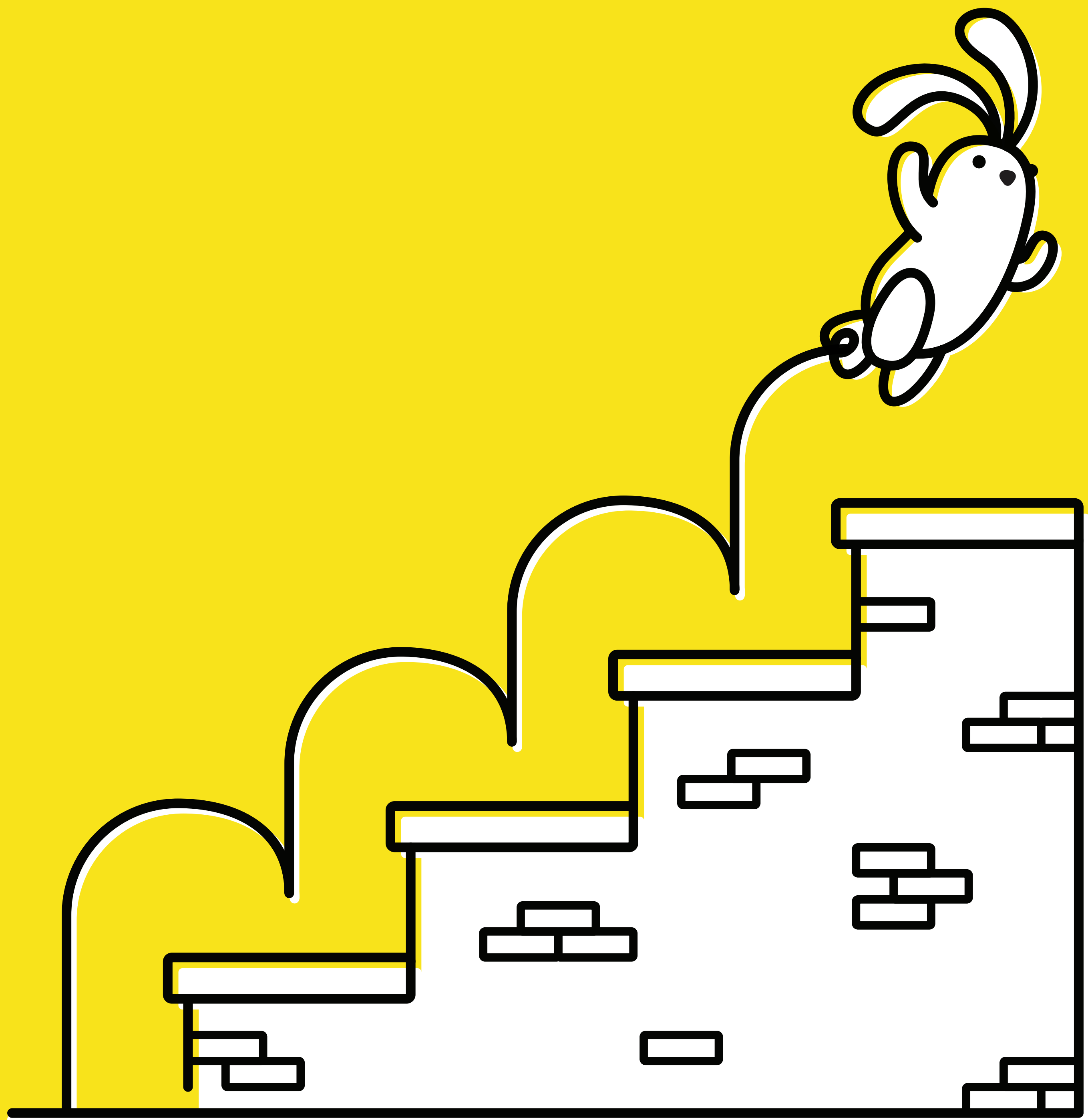


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PERSEVERANCE

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



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SELF-DISCIPLINE

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

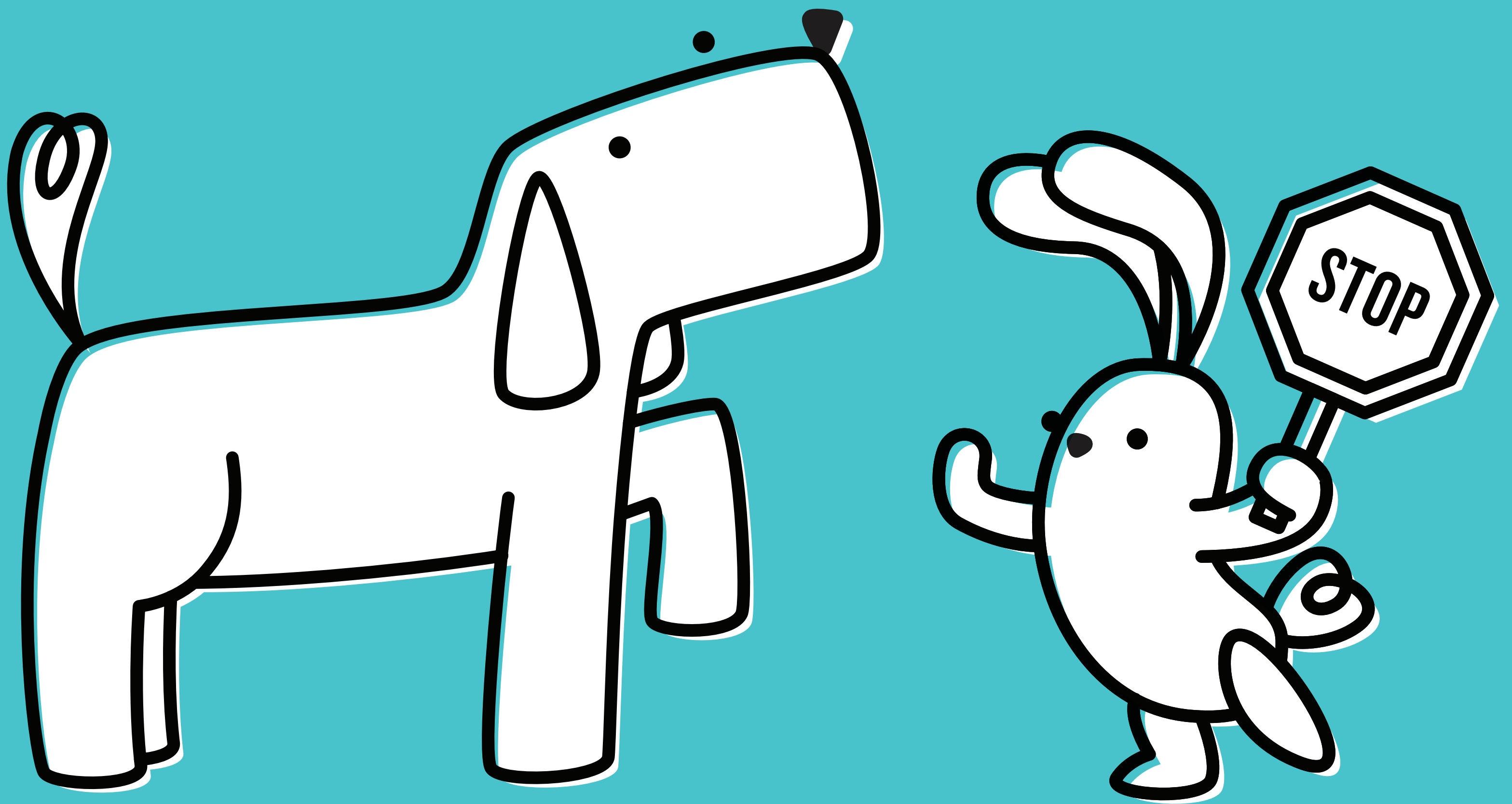


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ASSERTIVENESS

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

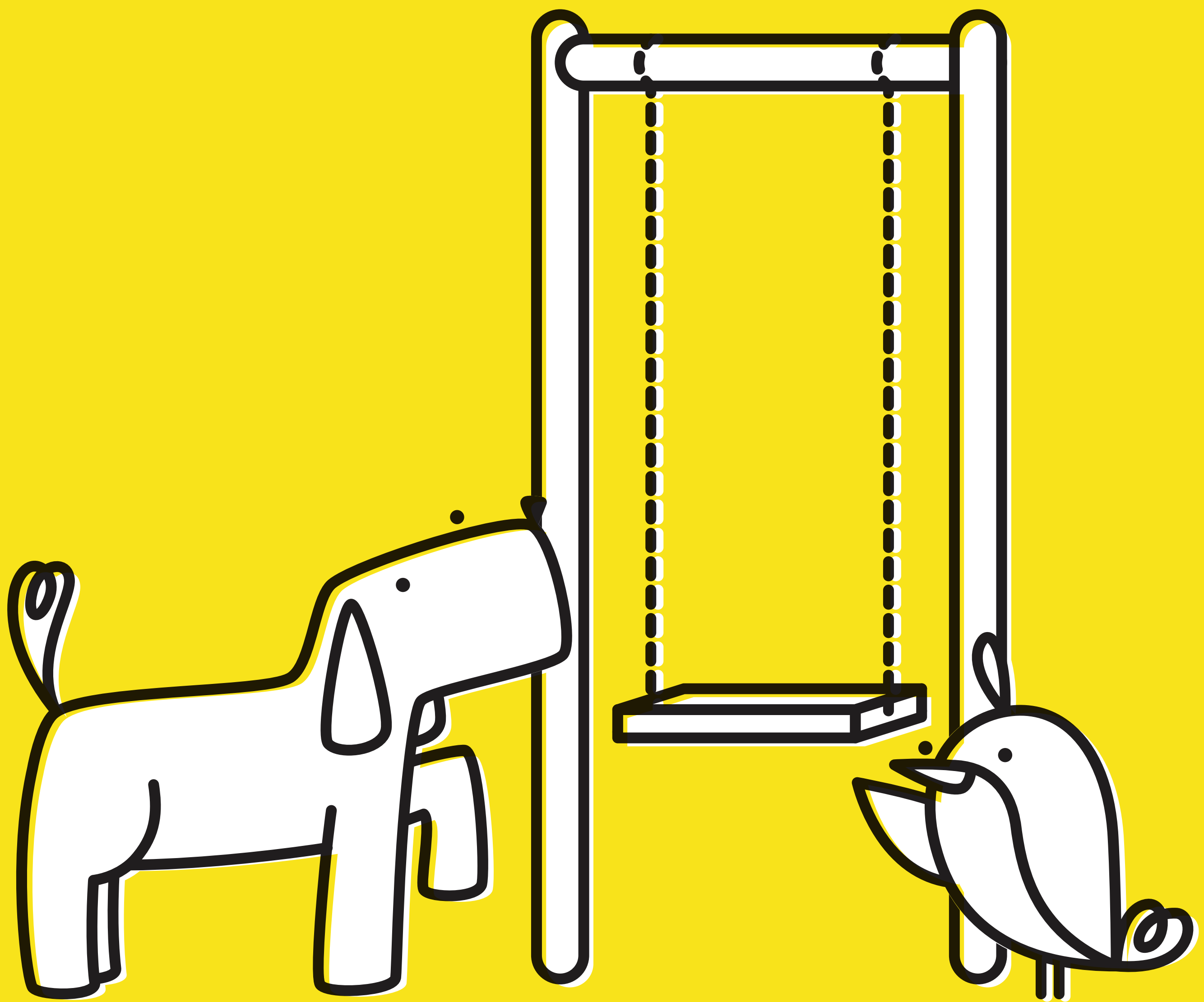


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FAIRNESS

Treating people in a way that does not favor some over others.



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INTEGRITY

Acting in a way you know to be right and kind in all situations.

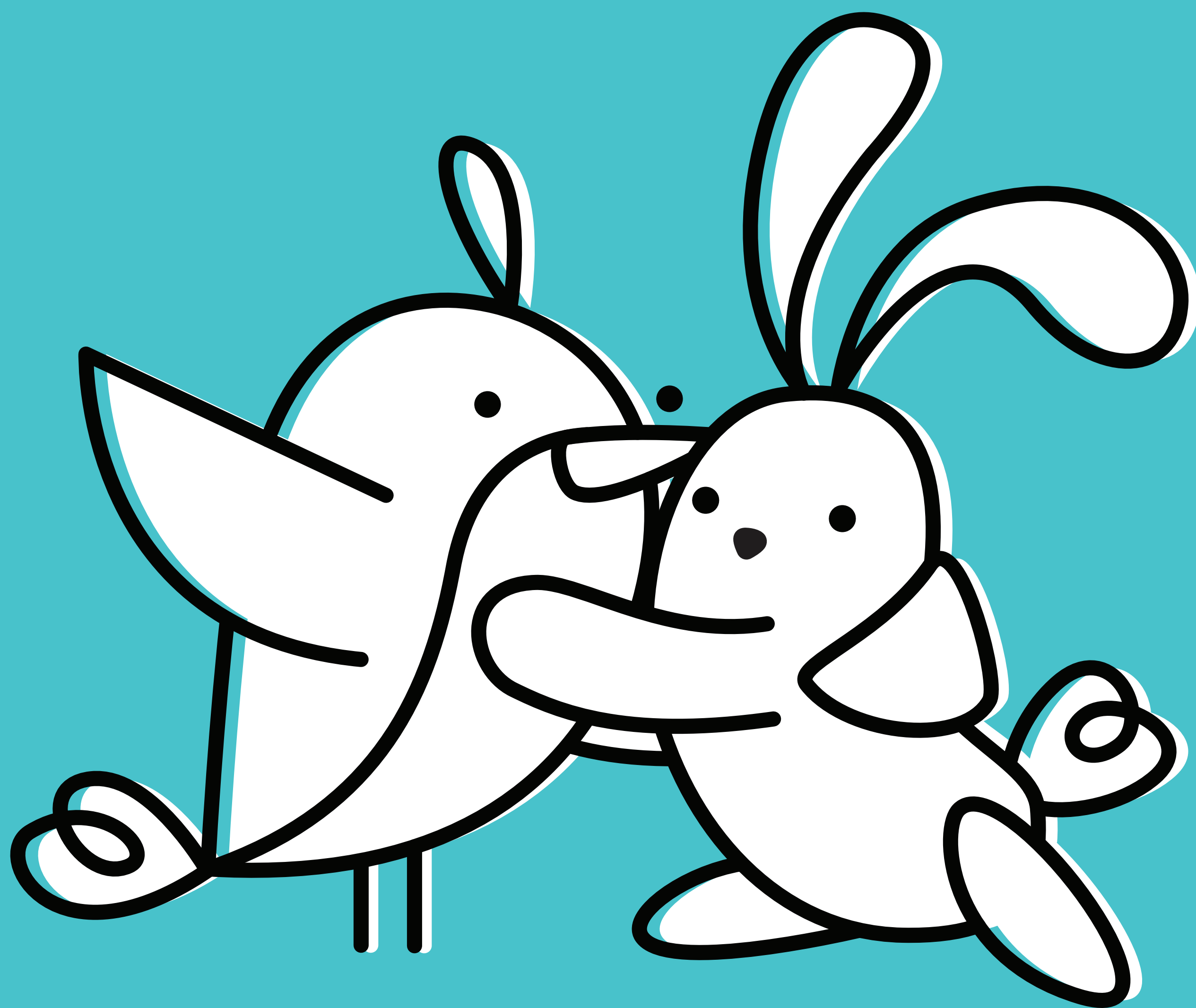


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GRATITUDE

Being thankful for and appreciating what you have and those around you.



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SELF-CARE

Caring for yourself mentally, physically, emotionally and socially through your words, actions and thoughts.

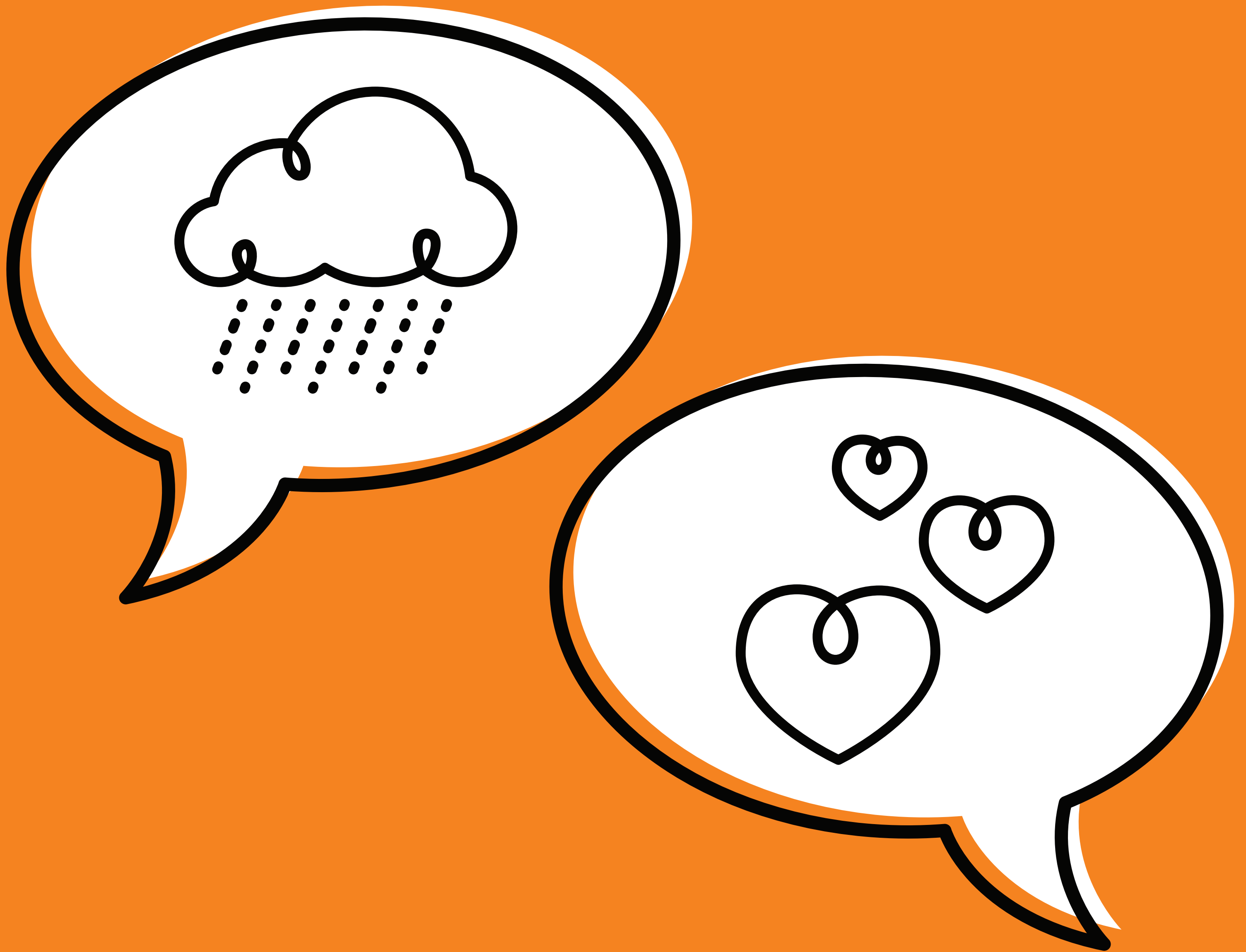


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CARING

Feeling and showing concern for others.



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COMPASSION

Feeling empathy for and wanting to help another in need.

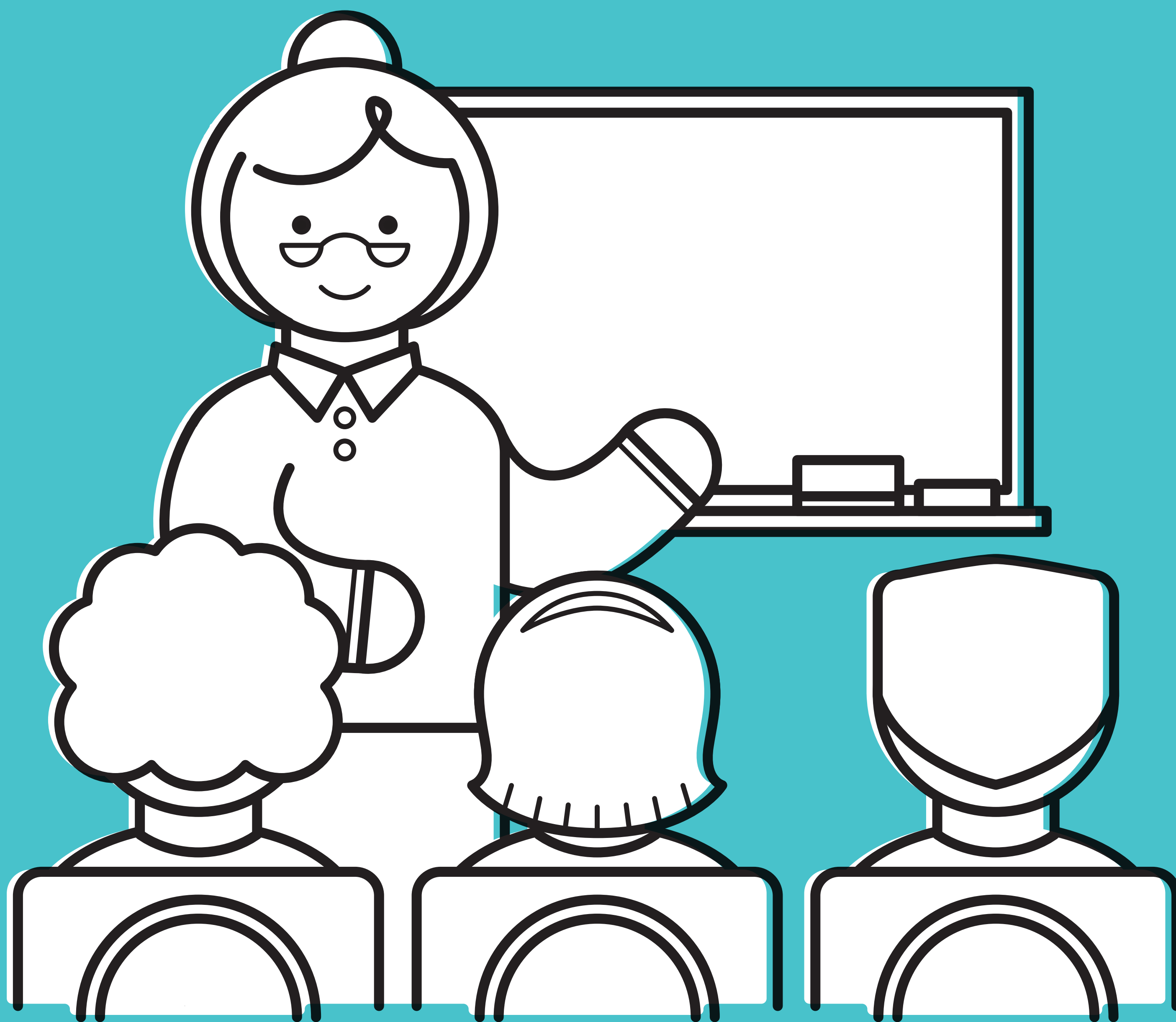


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RESPECT

Treating people, places,
and things with kindness.



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HELPFULNESS

Assisting or serving in a kind way.

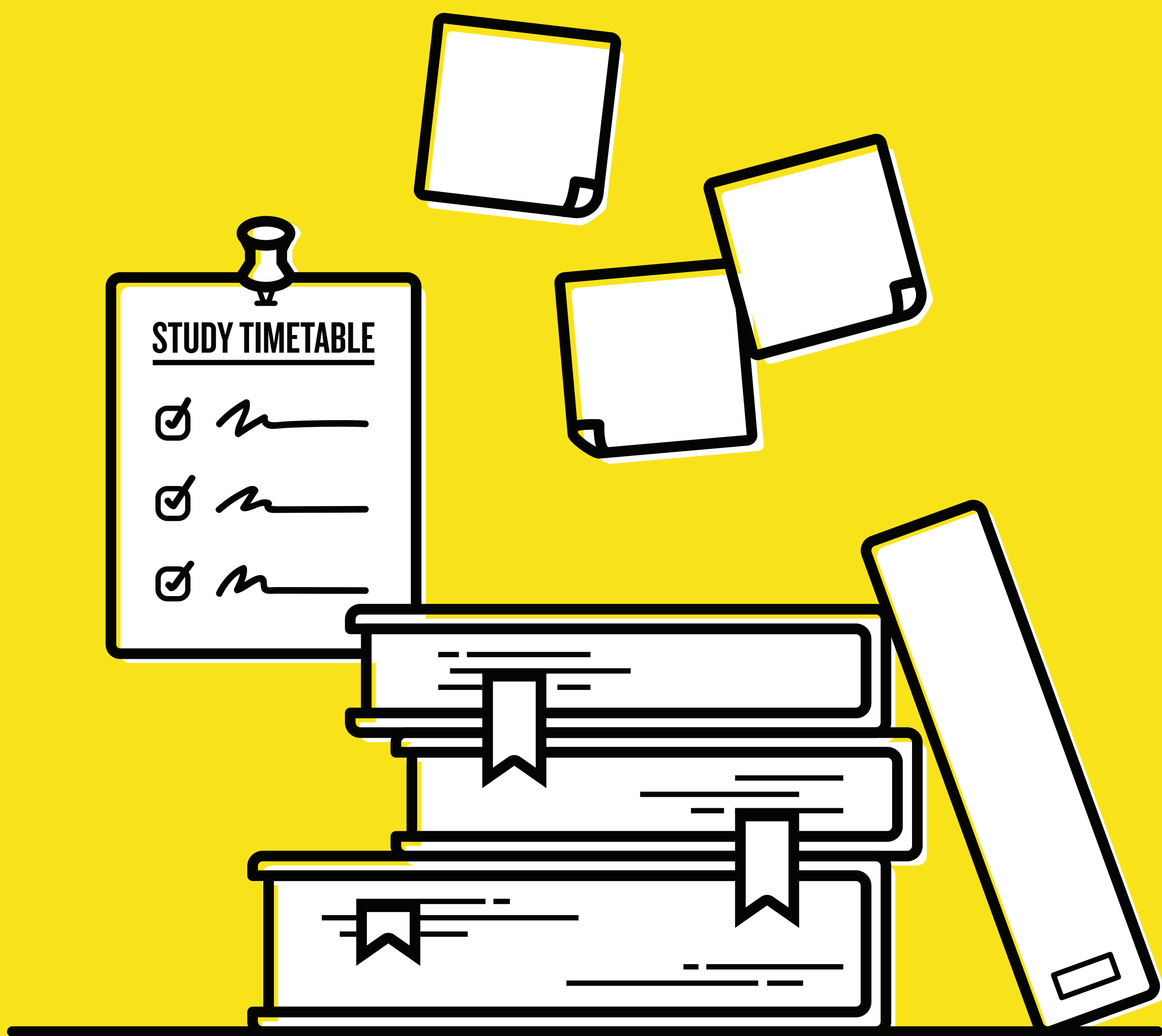


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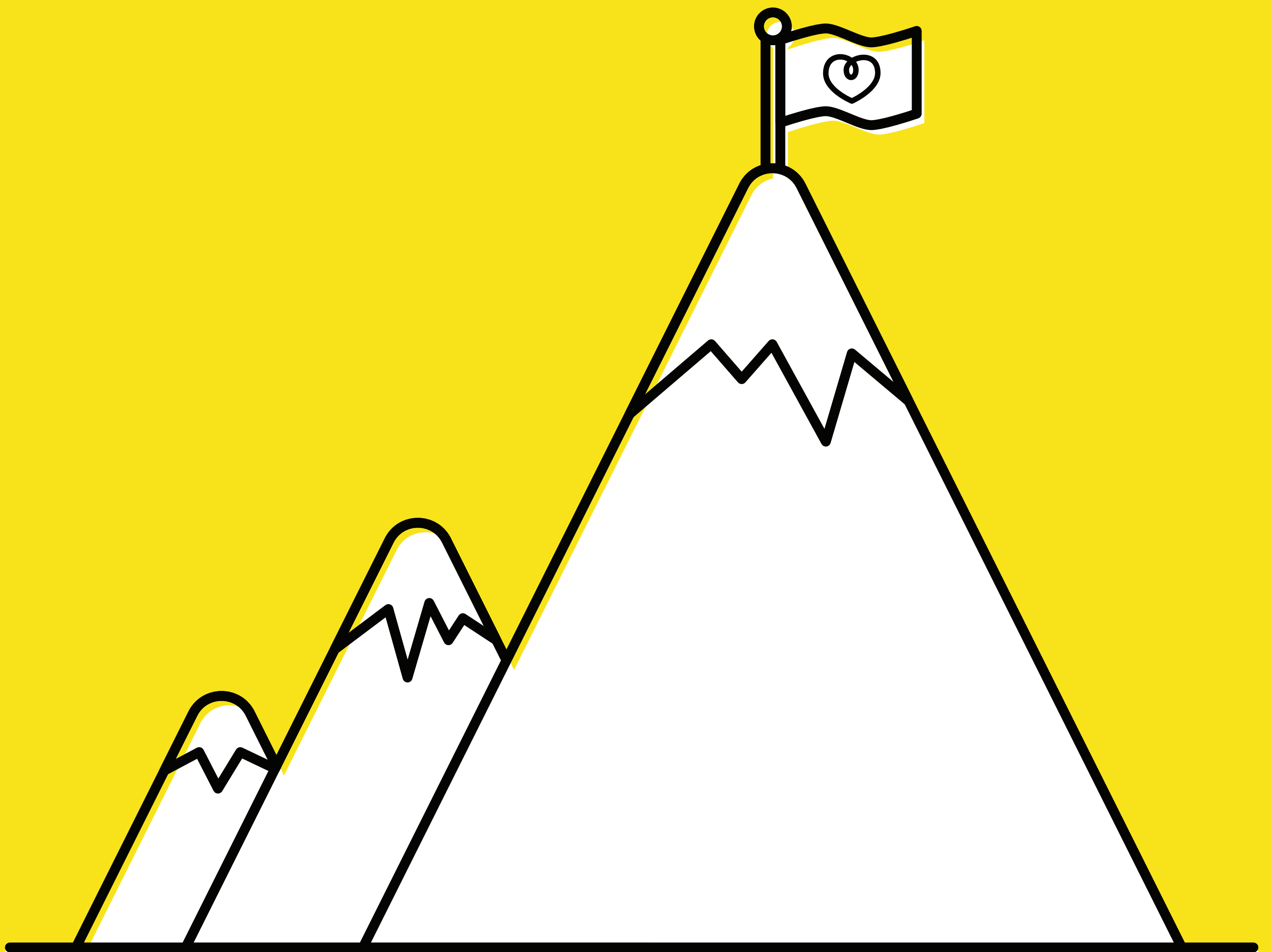


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PERSEVERANCE

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



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SELF-DISCIPLINE

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

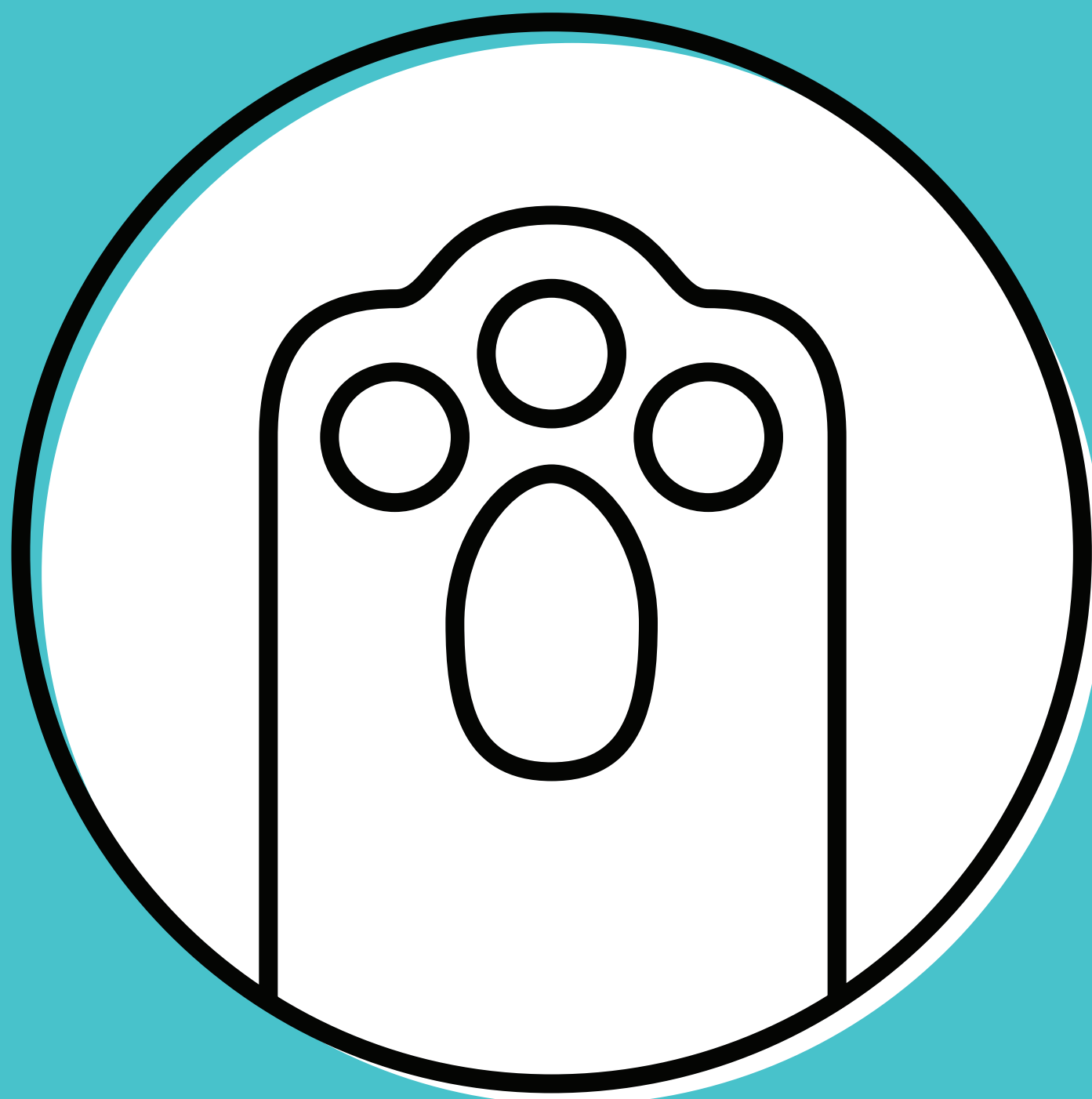


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ASSERTIVENESS

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



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FAIRNESS

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