



Rate Yourself:



KINDNESS

Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

1.) Rate yourself on each of the kindness skills listed.

2.) Circle the ones you feel you could improve upon.

Write a goal about how you could change one that you circled that would benefit you.

_____ I am kind and inclusive to others in need

_____ I treat others kindly daily

_____ I share willingly

_____ I am not mean or hurtful to others

_____ I make others feel welcome

_____ I am generous

_____ I am very considerate

_____ I show concern and affection

Other
