

	<i>HOW WELL DO I (OR SOMEONE ELSE) SHOW KINDNESS TOWARDS:</i>				
<i>BY THE FOLLOWING:</i>	FAMILY?	FRIENDS?	AT WORK?	STRANGERS?	SELF?
LETTING OTHERS GO FIRST					
BEING HONEST					
BEING MYSELF					
NOTICING & APPRECIATING					
LISTENING					
ASKING & BEING CURIOUS					
DOING WHAT'S RIGHT, NOT CONVENIENT					
HELPING & GIVING					
BEING TRULY PRESENT					
BEING COURTEOUS					
CREATING BEAUTY					
WITHHOLDING JUDGMENT					
NOURISHING – OTHERS AND MYSELF					