

# Random Acts of Kindness



***No act of kindness, no matter how small, is ever wasted. –Aesop***

Thank you for participating in Dynamic Martial Arts' Acts of Kindness Challenge where our goal is to, as a community, create 1000 random acts of kindness! Use the spaces below to record your acts and bring to DMA so we can post it as a way to inspire others to share their positivity with the world! You may even earn a bonus stripe for the amazing example you are setting!

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

3) \_\_\_\_\_  
\_\_\_\_\_

4) \_\_\_\_\_  
\_\_\_\_\_

5) \_\_\_\_\_  
\_\_\_\_\_

6) \_\_\_\_\_  
\_\_\_\_\_

7) \_\_\_\_\_  
\_\_\_\_\_

8) \_\_\_\_\_  
\_\_\_\_\_

9) \_\_\_\_\_  
\_\_\_\_\_

10) \_\_\_\_\_  
\_\_\_\_\_

