My Kindness Menu

Small ways to care for myself — choose what fits

TODAY

- [ ] Take a short break and breathe.
- [ ] Do something that feels comforting.
- [ ] Write a few kind words to myself.
- [ ] Step outside or enjoy a little fresh air.

My own small kindness: _____

THIS WEEK

- [ ] Make time for a favorite activity.
- [ ] Get a little extra rest.
- [ ] Make one small task easier for myself.
- [ ] Spend time with someone I enjoy.

My own small kindness: _____

WHENEVER I NEED IT

- [ ] Revisit one prompt from this pack.
- [ ] Choose a comforting song, book, or warm drink.
- [ ] Give myself permission to pause.
- [ ] Ask for support or company if I want it.

My own small kindness: _____

