

Daily Reminder to Be Nice

Name: _____

Week Starting: _____

	Day						
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activity							
Did you express appreciation to the other person today?							
Did you compliment the other person today?							
Did you give the other person a pleasant surprise today?							
Did you express affection?							
Did you spend some time devoting your <u>complete attention</u> to pleasant conversation with the other person?							
Did you <u>initiate</u> pleasant conversation?							
Did you make an offer to help before being asked?							