

SELF-ASSESSMENT ACTION PLAN

The next step on the journey is to figure out where exactly to go. You won't get anywhere if you try to go everywhere. So before you start the 30-Day Kindness Challenge or any other personal kindness initiative, briefly consider and jot notes on each of the three Before pages. These simply help you identify what to focus on most.

BEFORE

Before the 30-Day Kindness Challenge

Nix the Negatives

Review the seven types of negativity (exasperation, grumbling, suspicion, believing the worst of a loved one's intentions, and so on) and your notes from chapter 6. Then fill in the blank columns below with the most important items to focus on for the next thirty days. (I've filled in my own personal answer as an example.) Once you complete the Challenge, fill out the After table with your longer-term go-forward plan.

	Shaunti's Parenting Example		
What am I already doing well?	I tend to believe the best of my kids' intentions rather than being overly suspicious; I will make sure to keep that up.		
What do I most need to work on?	Exasperation. All too often, I get verbally irritated with my kids. ("You forgot your medicine? I reminded you twice!")		
What specific, short-term action step am I going to take to improve? (This must be a specific, measurable action. "Try harder" is not measurable. "Do such and such three times a week" is specific and measurable.)	Tomorrow I will apologize to my kids for getting irritated easily. I will give them permission to tell me each time I get exasperated and make them feel stupid. Each time, I will correct myself and state my concern and frustration in a more caring and productive way. I will do that for two weeks and then ask them if I have improved.		

BEFORE

Before the 30-Day Kindness Challenge

Practice Praise

Every day we should be saying things like “Good job,” “Thank you,” “You make me happy,” or “So-and-so told me how much they like/appreciate you.” But are we? Review the ten sneaky traps to giving praise and your notes from chapter 7. Which traps tend to trip you up? Fill in the most important items to focus on for the next thirty days. Once you complete the Challenge, fill out the After table.

	Shaunti's Marriage Example		
What am I already doing well?	I don't hold a grudge against my husband or withhold praise when I'm mad.		
What do I most need to work on?	I'm often so busy and distracted, I simply don't think about praising my husband for all the things he does for the family.		
What specific, short-term action step am I going to take to improve? (This must be a specific, measurable action. "Try harder" is not measurable. "Do such and such three times a week" is specific and measurable.)	To become more aware and build a good habit, I will be sure to thank him for at least three things each day. ("Thank you for listening last night when I was so upset about how that meeting went" or "Thanks for making me coffee.")		

BEFORE

Before the 30-Day Kindness Challenge

Carry Out Kindness

Review the eight types of kindness/generosity (giving up time or something else precious, being fully present, assuming the best, and so on) and your notes from chapter 8. Which actions come naturally and in a way you can do more? Which types do you most want to work on? Fill in the most important items to focus on for the next thirty days. Once you complete the Challenge, fill out the After table.

	Shaunti's Workplace Example		
What am I already doing well?	Even though my contact for this project is difficult, I don't assume the worst of their intentions; I assume that they don't realize how difficult they are making things.		
What do I most need to work on?	I know my contact wants to talk things through in full, but because I just want to get it over with, I tend to be impatient and make them feel like an interruption.		
What specific, short-term action step am I going to take to improve? (This must be a specific, measurable action. "Try harder" is not measurable. "Do such and such three times a week" is specific and measurable.)	When they call, I will plan for fifteen minutes of conversation instead of five and I will not interrupt or try to hurry the conversation along. I will let them know at the outset when I need to be off the phone and will sincerely focus on them during that call.		