

3. ONE NICE THING EACH DAY

Think about a person in your life that you'd like to improve your relationship with. It could be a classmate, a friend, a family member, or anyone else with whom you would like to have a quality relationship. Then think about one nice thing that you will do for him or her each day next week and write it down. These can be small things, such as giving a compliment, sharing a candy, or anything else that you think the person would appreciate.

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

DAY 6:

DAY 7:

At the end of the week, reflect on your relationship with that person and whether it has improved at least a bit.