



ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

Topic of the Month: SELF-AWARENESS

Understanding our emotions, thoughts, abilities, and actions.

Put Your Kindness into Action

Self-Awareness allows us to take a good look at what's going on inside each of us to assess our strengths and weaknesses, so we can make powerful choices. It is a form of self-reflection where we examine our state of being, our feelings, and the appropriateness of our actions and behavior in our daily life. When we put our Kindness into Action this month, we become more aware of our strengths and abilities, so we are better prepared to use them as we navigate our lives. **Some activities to consider:**



Create "I Am" Notes

Take some time to consider everything you experienced throughout the day, as if you're watching a movie. Then, on random pieces of paper, write down your feelings about them, physical or emotional. Writing these feelings down and reflecting upon them can help build self-awareness and serve as a way to monitor our day-to-day emotions and give ourselves honest feedback about our physical and mental state.



Create & Share Reflection Bags

Create and share a Reflection Bag with someone in the community to encourage their self-awareness. Bags can include kindness tokens, notes with positive messages, a small notebook and pen, and basic necessities i.e. band-Aids, travel size toiletries, tooth brushes, or healthy snacks. As someone uses the supplies throughout the day, they can check-in with themselves on their well-being and jot down their feelings with the notepad and pen.



Essential Needs Collection

If you live in Palm Beach County, join in collecting essential items for our neighbors who are hungry or without houses. Visit the [Kindness Angels Facebook page](#) for items needed this month. Drop items off on the third Saturday of the month from 2:30-3:30pm at St. Gregory's Church, 100 NE Mizner Blvd. in Boca Raton.



Create Your Own Project

Think about ways you can put your self-awareness into action. How can you assess your strengths? Weaknesses? What possibilities can you dream up? Afterwards, explore ideas and then create a project around them. KM365 Ambassadors can visit the Resource Library for more ideas and inspiration.

Share your Kindness in Action and be sure to tag [@kindnessmatters365org](#) on Facebook and [@kindnessmatters365](#) on Instagram so we can measure our collective impact!

Questions? Email ambassadorsupport@km365.org.