WHEEL OF KINDNESS Notice & **Appreciate** Ве (Offer) **Present** Help Ве **Give** Yourself Ask Listen Questions Withhold Create Judgment/Try To Understand **Beauty** Speak **Forgive** Truthfully Let **Others Apologize** Do **Go First** What's Right **Acts of Kindness Maine** www.aokmaine.org

WHY YOU SHOULD BE KIND TO PEOPLE

