

THEGOODHUMANEXPERIMENT



DATE ____/____/____

GOOD HUMAN ACT I PERFORMED TODAY:

PERFORMING THIS ACT MADE ME FEEL:

I OBSERVED THESE REACTIONS IN OTHER PEOPLE:

I WILL PERFORM THIS ACT AGAIN ☐ YES ☐ NO

GOOD THINGS THAT HAPPENED TODAY:

OTHER WAYS I CAN
BE A GOOD HUMAN:

3 WAYS I'LL BE KINDER TO MYSELF:

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- 3 _____

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