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I am a good and kind person. I search to find the good in myself and in others. **I focus on the positive and strive to be at my best each day.** I care about others.

Each day, I do my best to be a shining light in the world. **I give freely of myself and show the world kindness and consideration.** It can be challenging at times, but I am up for the challenge.

I care about my enemies as much as I do my friends. I forgive quickly and easily. I avoid holding onto grudges and negative emotions. I release all negativity so I can be the best possible version of myself.

My friends think I have a heart of gold. I share what I have with others and try to reduce the suffering I see around me. **I want to leave others in better spirits than they were in when I found them.** By always seeking to make situations better, I make friends everywhere I go.

I am open regarding how good I am. I hope to inspire others to raise their behaviors and

attitudes.

Today, I am keeping others in mind before I do or say anything. I consider the impact my actions and words can have on others. I have a heart of gold and share this with the world.

Self-Reflection Questions:

1. What is the best thing I have done for someone else this month?
2. How do I share my goodness with the world?
3. When do I find it most challenging to be a positive person?