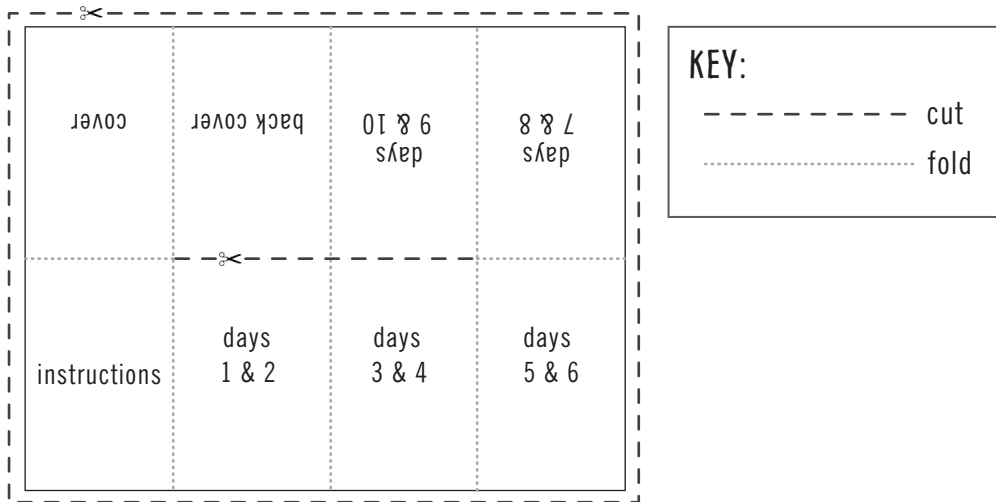
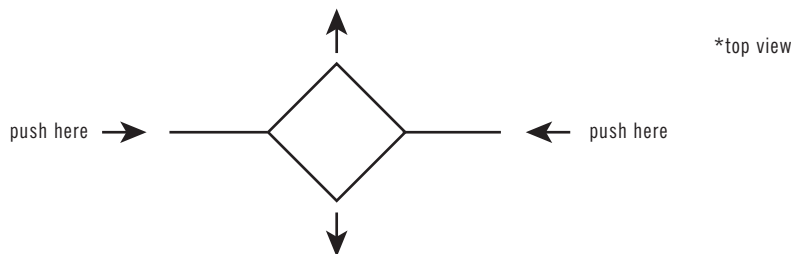


RANDOM ACTS PRINTABLE JOURNAL INSTRUCTIONS



- Carefully cut all the way around the paper on the outside dashed line.
- Fold along the three vertical dotted lines with the printed side facing out.
- Fold the far right and left vertical folds again along the same line, but now so the printed side faces in. Leave the center fold as it is.
- Carefully cut along the inside dashed line.
- Fold the entire paper in half along the horizontal lines (hot dog style) so the printed side faces out. (The only parts you should fold on this step are the dotted lines on either side of the cut section.)
- With the paper still folded in half, carefully push the ends of the paper together so that the center fold pops out where it is cut and forms a diamond shape.



- Keep pushing until the two sides meet in the middle and it has turned into a "plus" shape.



- Once in the "plus" shape, bring all the sides together so that the front and back covers are facing out.

THIS JOURNAL BELONGS TO:

10 DAYS OF RANDOM ACTS

INSTRUCTIONS

1. Do a Random Act every day for 10 days.
2. Write down what you did in this journal.
3. Post a picture of your filled out journal with #1000RandomActs and #RandomActstv
4. Print out a new journal and keep the kindness going!

@RANDOMACTSTV

#1000RANDOMACTS
#RANDOMACTSTV



RANDOM ACTS

DAY 1

TODAY I... _____

DAY 2

TODAY I... _____

DAY 3

TODAY I... _____

DAY 4

TODAY I... _____

DAY 10

TODAY I... _____

DAY 9

TODAY I... _____

DAY 5

TODAY I... _____

DAY 6

TODAY I... _____

DAY 8

TODAY I... _____

DAY 7

TODAY I... _____

