

NOT
myself
TODAY®

Kindness Cards

A little kindness goes a long way.
Give some today.

To:

Because you:

went above and beyond
saved my bacon
are a great listener
do amazing work
took one for the team
made me smile today

From:

You can ask me for:

a high five
a pep talk
a coffee run
an IOU
my best joke
a silly selfie



Learn why kindness matters at
notmyselftoday.ca/culture