

#SPARKGOODNESS TRACKER sparkgoodness.com

Even in dark times, we can still find, and create, sparks of goodness that generate hope. Everyone and anyone can add goodness to the world through acts of kindness, helpfulness, and love.

Is your family creating Sparks of Goodness? Track your progress here! Try for at least one spark per week; even the smallest spark means something to others.

DATE	SPARK WE CREATED	WHO HELPED ME	WHAT WE LEARNED

