




Have you experienced a moment of shared kindness when you felt like you were on Team Decent Human with someone?

What are some sources of negativity in your life that you could decrease? What are some sources of positivity you could increase?


$$\text{Jen Ratio} = \frac{\text{Moments of positivity}}{\text{Moments of negativity}}$$

Adapted from Dacher Keltner,
Born to Be Good





What small, kind gestures could you do today, starting when you set down this book?

