

TRINITY KIT — PRINT SPEC SHEET

Discard this page before press run.

Kindness Mission Log — 5.5 × 4.25 in (32 pp + cover)

PRODUCTION SPECS

- Cover stock: 100 lb gloss, 2-sided color
- Interior: 70 lb uncoated, 1-color black
- Binding: saddle-stitch, 2 staples long edge
- Art size with bleed: 5.75 × 4.5 in
- Page count is 32 interior + 4-pp cover (multiple of 4 ✓)

ARTWORK / INK NOTES

- Cover: Grace Guardian portrait + KINDNESS MISSIONS lockup
- Each interior page: 1 daily mission + check-box + reflection line
- Spine printed alongside cover spread by printer's imposition



KINDNESS MISSIONS

with Grace Guardian

Name: _____

Squad: _____

Say good morning to 3 people you don't usually greet.



Mission complete

How did it feel?

Write a thank-you note to a family member.



Mission complete

How did it feel?

Pick up litter you didn't drop.



Mission complete

How did it feel?

Hold the door for someone today.



Mission complete

How did it feel?

Give a real compliment to a friend.



Mission complete

How did it feel?

Help set the table without being asked.



Mission complete

How did it feel?

Share a snack with someone who has none.



Mission complete

How did it feel?

Pray for or send kind thoughts to a friend.



Mission complete

How did it feel?

Make a card for someone who feels lonely.



Mission complete

How did it feel?

Let a sibling pick the game first.



Mission complete

How did it feel?

Smile and look people in the eye when you talk.



Mission complete

How did it feel?

Tell a teacher one thing you're grateful for.



Mission complete

How did it feel?

Do a chore that belongs to someone else.



Mission complete

How did it feel?

Listen to a friend tell a long story — no interrupting.



Mission complete

How did it feel?

Bring water to someone outside today.



Mission complete

How did it feel?

Forgive someone in your head — really.



Mission complete

How did it feel?

Donate one toy you no longer use.



Mission complete

How did it feel?

Ask a quiet kid to join your game.



Mission complete

How did it feel?

Help carry groceries inside.



Mission complete

How did it feel?

Read to a younger child for 10 minutes.

☐

Mission complete

How did it feel?

Say sorry first — even when it's hard.



Mission complete

How did it feel?

Pay a sincere compliment to a stranger.



Mission complete

How did it feel?

Encourage someone who looks discouraged.



Mission complete

How did it feel?

Pick wildflowers and give them away.



Mission complete

How did it feel?

Hold a door, carry a tray, lift a chair.



Mission complete

How did it feel?

Pray a short prayer for a leader.

☐

Mission complete

How did it feel?

Tell mom or dad 'I love you' unprompted.



Mission complete

How did it feel?

Defend someone being made fun of.



Mission complete

How did it feel?

Save part of your allowance for the mission fund.

☐

Mission complete

How did it feel?

Invite someone new to your lunch table.



Mission complete

How did it feel?

Send a kind text to a friend you miss.



Mission complete

How did it feel?

Write down 3 things you're thankful for today.

☐

Mission complete

How did it feel?

MISSION COMPLETE

Share your story:



missionmall.org/rich-kids-club/missions

TRINITY HEROES • BODY • MIND • SPIRIT