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 this summer? Track your progress here! Try for at least one spark per week; even the smallest spark means something to others. Enter your family's completed Sparks at SparkGoodness.com and you could win monthly prizes through October 2018. Then be sure to add a check mark in the last column to keep track of which Sparks you've entered.

DATE	SPARK WE CREATED	WHO HELPED ME	WHAT WE LEARNED	/
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