

Cultivating Kindness



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Kindness is the golden chain by which society is bound -Goethe

*Acts of Kindness soften the lining of blood vessels, reducing stress on our hearts, helping them stay healthy and happy.
The benefits of kindness ripple, impacting infinite minds, bodies, and spirits.*

How often do you: 1= never 2 = sometimes 3 = usually 4 = most of the time 5 = almost always

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|---|---|
| Smile at someone you do not know | Smile at a friend |
| Say please and thank you | Acknowledge someone for their kindness |
| Make an effort to greet a stranger | Say kind words to a friend/family member |
| Open the door for a stranger | Open the door for someone you know |
| Pay the tab for a stranger's meal | Pay the tab for a meal with a friend |
| Volunteer your time for a worthy cause | Do a favor for a friend without being asked |
| Let someone cut in front of you in line | Let someone in front of you in traffic |
| Smile at strangers | offer a Hug |
| Speak to strangers | Wave |
| Call a friend | Call people by name |
| Pay someone a compliment | Write a thank you note and mail it |
| Write a thank you email | Report good behavior |
| Buy cup of coffee/treat | Pay it forward secretly |
| Offer moral support | find the humor in challenges |
| Leave a big tip | Pray |

**Underline the acts of kindness you enjoy receiving. How do they compare to how you demonstrate kindness?
How can YOU cultivate more Kindness?**



Research consistently reveals that those with a can do attitude who focus on happiness feel happier, and that savoring and mining pleasant moments for joy increases happiness.

Most folks are as happy as they make up their minds to be -Abe Lincoln

Circle happy habits you practice regularly and underline new ones you plan to embrace. Add your favorites

Smile Hug open a door for someone Floss teeth drink water think positive
Compliment someone Brush teeth work out dance kiss someone walk briskly
Add fruit to your drink say Please say thank you write thank you notes
Let someone go ahead of you in line or traffic Listen ask someone how they are doing
Assume positive intent introduce yourself offer to help someone get a good night of sleep
Ignore rude behavior breathe deeply laugh out load find the funny in any situation
Forgive others Forgive yourself share words of Encouragement Gentle touch
Offer a small gift take a walk take a NAP Play music Listen to music Share a snack
Meditate swim feel the breeze listen to nature play Frisbee rub your dog
Observe fish in an aquarium watch children play swing play with children play with pets
Blow bubbles eat a nice meal skip a meal eat popcorn for dinner power nap
Make a funny face say something silly tell a joke have a cocktail take the stairs
Snuggle hold hands look at the stars laugh at yourself clean out a closet
Donate old items wash your car take a shower sit in a Jacuzzi get a massage
Speak to a stranger help someone load groceries call a friend paint a picture play piano
Play guitar Say a prayer site scripture read a book write a note to someone
Express gratitude offer a Hug share kind words Work Out Learn something
Jump Run Plant something Arrange flowers Smell some Roses
Do nothing Read Cuddle Pray Love deeply Eat chocolate

Happy habits have physiological, psychological, social, emotional and spiritual impact on our minds, bodies and spirits. They come in the form of words, deeds and gestures; most are a creative combination of each.

Those who act in kind ways are likely to embrace happy habits, and those who embrace happy habits are more likely to demonstrate and appreciate kindness, resulting in more people living longer, happier, healthier lives.