

Conscious Acts of Kindness



Week One- Intro to Conscious Acts of Kindness

Prework Expectation: Watch this video from Random Acts of Kindness.

[The Science of Kindness](#)

(NOTE: While they call themselves The Random Acts of Kindness Foundation, the work suggested here is clearly anything but random... and that's Shawn's point.)

What does it mean to you to be kind?

Being kind on purpose is a great idea. According to Miriam Webster -- to be kind, means having or showing a gentle nature and a desire to help others. Sometimes this can seem like a chore. Other times, it's simple and effortless. When we take the time to be kind to others, it can lead to kindness spreading to others. One of Shawn Achor's points about this tactic is that we should take the time to thoughtfully plan our acts of kindness, making them conscious versus random. There is a difference between being kind on purpose and being kind accidentally. When we are kind on purpose there can be a much bigger impact.

Think of someone in your life you could be kind to, on purpose. Who could use your kindness to inspire them to have a great day? Today, we are going to send an email to a person we care about. This can be someone in your personal life or someone at work.

When you are typing, we want to make sure that you are giving great, positive thoughts to the person. Think of happiness, and love for that person. Remember our last session on kindness meditation?

If you struggle to think of someone who would love to hear from you, consider a previous supervisor, mentor, or colleague who has made an impact on your life. You are sending this email with purpose and intentionality, to create happiness in someone else.

Weekly To-Do's:

1. Get started on your 21-day Conscious Acts of Kindness challenge and keep it going.
2. Make sure to use your 21-day Challenge Journal to track your progress.

Alternative Discussion

- What are examples of conscious acts of kindness that you know about from others? (At home, at work, in the news?)
- How does offering conscious acts of kindness feel to you? Is it awkward, fun, joyful?