

Conscious Acts of Kindness



Week One: Intro to Conscious Acts of Kindness

Pework 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.)

Learning Objective: ("Each participant...")

- Can identify what Conscious Acts of Kindness are.
- Will discuss the importance of strategically being kind to others.

Essential Concept:

Practice leadership skills, and demonstrate integrity, ethical behavior, and social responsibility in all activities.

- *Provide positive encouragement to others*
- *Relate positively to others.*
- *Understand methods to influence others*

Skills Required:

- Relationship Skills
- Social Awareness

Opening question(s):

"What does it mean to you to be kind? "

Or

"Is it always easy to be kind?"

Thoughts for Consideration:

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.



Connecting This Lesson To Our Work:

- How can conscious acts of kindness become part of the work we do?
- Does showing kindness to each other fit within our organization's mission and values?

Action:

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.

Alternate Discussions:

- 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?