

# Conscious Acts of Kindness



## Week Two - Being Intentional

**Pework Expectation:** Watch this video from Maroon 5  
[Maroon 5 - Sugar \(Official Music Video\)](#)

When we take the time to think about and plan kindness to someone else, our brains become excited with anticipation and enter a more positive state. Then, we get to deliver that act of kindness; which also makes us happy. So, this last of our five Happiness Advantage tactics provides several opportunities to positively influence our own brains as well as positively impacting the person or persons we've chosen and those around them who experience the act.

Today, we are going to try to figure out a way to be kind to someone else. We are going to take some time to decide who to be kind to, but then we are also going to decide what we can do to make them feel appreciated and loved.

Sometimes, figuring out how to be kind is just as important as deciding who we will be kind to. Acts of kindness can be as big as buying a gift, or as small as sharing a smile. While extrinsic tokens of kindness, like gifts or other physical things, can be meaningful, it's intrinsic expressions of kindness that have the longest lasting impacts. What act of kindness will you plan for the person(s) you choose?

---

---

---

---

---

### Weekly To-Do's:

1. Continue 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?