

# Conscious Acts of Kindness



## Week Three - Being Kind Feels Good

**Pework Expectation:** Watch this video from Simon Sinek  
[The Power of Kindness | Simon Sinek](#)

There are so many good things that happen when we are kind to others. There are positive chemicals released in our brains (oxytocin for example), there are new relationships formed, there is self-esteem built. One of the most important things that happens when we are kind to others is that it helps us to feel good too. We learn things about ourselves when we take time out of our day to be kind to others.

How will creating conscious acts of kindness on the job influence your work?

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How will being on the receiving end of conscious acts of kindness influence other people you work with?

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Today, we are going to try to figure out what the impact is of creating a Conscious Act of Kindness. We are going to interview someone and develop questions to best decide what happens after a Conscious Act of Kindness has happened.

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### 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?