

# Conscious Acts of Kindness



## Week Four: Your Well-Being and Reflection

**Pework Expectation:** Watch this video from BrainCraft and Everyday Psychology [The Selfish Benefits of Kindness](#)

**Learning Objective:** (“Each participant...”)

- Can identify how being kind can impact their well-being.
- Will discuss the science behind how being kind to others impacts well-being, optimism, and life satisfaction.

**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 science say about how being kind to others can impact your well-being?

Or

Do you think being kind to others can positively influence your mood?

**Thoughts for Consideration:**

Being kind to others has huge benefits for those we interact with but also for us! Not only does it feel good to be kind and to make that intentional, but science tells us it also contributes to our own well-being, levels of optimism, and life satisfaction.

When we reflect back on what we've done, it can be just like looking in a mirror. We can think about the way these things have affected us and how they have affected others. We are going to look back at the way our Conscious Acts of Kindness Challenge has impacted our day and our lives.

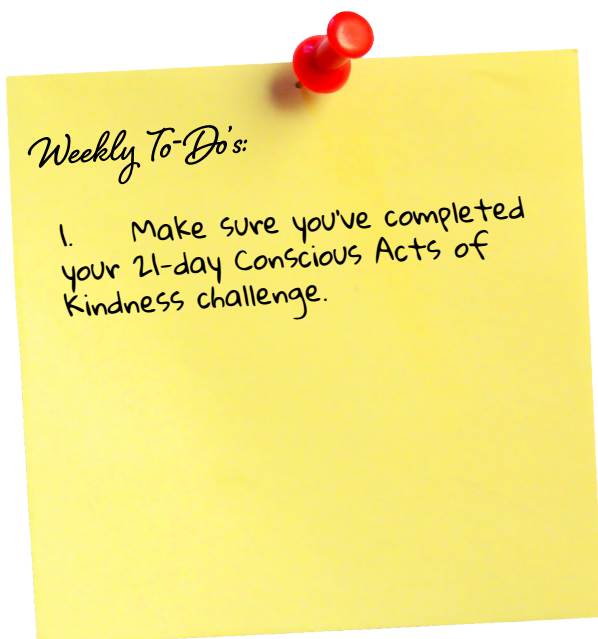


### Connecting This Lesson To Our Work:

- How has your well-being been influenced by others at work being kind to you?
- How do optimism and life satisfaction play a role for us at work?

### Action:

Look back on the past four weeks of your Conscious Acts of Kindness Challenge. Your task is to tell others about your experience and, via reflection, explain to them how it's impacted you over the course of the 21 days. Which act of kindness had the greatest impact on you or the person(s) you selected?



### Alternate Discussions:

- How do we, as an organization, find room for conscious acts of kindness in our day?
- Do you think that kindness is a value that would benefit our work environment, and how we serve our clients or stakeholders?