

A young girl with dark hair in a bun, wearing a blue sleeveless dress, is offering a small, shiny object to a young boy with curly hair wearing a green short-sleeved shirt and plaid shorts. They are standing in a forest with tall, thin trees. The girl is holding a striped bag. A semi-transparent green circle is overlaid on the right side of the image, containing text.

Can You Cultivate Everyday Kindness?

BEACON Program
COMPASSION

“The smallest act of kindness is worth more than the grandest intention.”

-Oscar Wilde

THEKINDNESSCOMPANY

Let's Design Your Kindness...

There's no real right and wrong about kindness. The most important thing is to commit to it and make it happen. You need to set an intention, plan how you'll do it, deliver on it, reflect and repeat.

**What are you hoping might happen as you begin to sprinkle your world with kindness?
Record your hopes below.**

"You feel alive to the degree that you feel you can help others."

-John Travolta

Where will you invest your Kindness?

You can give kindness to yourself, family and friends, neighbours or strangers - the options are endless but research suggests the biggest lift to your wellbeing will be when you give to those you don't know well, doing things of your choice and having to put in some effort. Of course, it's cool to mix it up because variety is also important!

Take a look at the diagram below. Where do you invest most of your giving right now? Does that balance feel right? What might the impact be if you mixed it up?

Write some notes about where you give now and where you may focus your kindness in the weeks ahead.





When will you “do” your kindness?

Time and place? Look at the list on the following pages and put a mark next to those you’d most like to try.



What might help you make kindness a habit?

Will you need a reminder? Ask for support of others?



What strengths could you apply to your kindness?



How will your kindness help you form new connections in the community?

Ready to get started?

“You feel alive to the degree that you feel you can help others.” -John Travolta

Below is a list of suggestions for acts of kindness. There's very wide range, so there should be something for everyone. You can do as few or many as you wish and feel free to make up your own.

Tick them off as you go and write a notes here ,or in your journal about what happened. We want to hear about this when we meet again, so writing down what you've done is important for us and you!

	Date I Did it	Reflection (what happened for you/the recipient/others?)
Give flowers unexpectedly. No reason needed. Just because. Can pick them from your garden?	<input type="checkbox"/>
Make a photo book and/or share memories with someone.	<input type="checkbox"/>
Give your neighbours a hand - help with repairs, lawn mowing, gardening, or painting. Even simple things like putting out the bins or walking their dog.	<input type="checkbox"/>
Write a hand-written thank-you note and deliver it.	<input type="checkbox"/>

Suggested Acts of Kindness	Date I Did it	Reflection (what happened for you/the recipient/others?)
Do laundry or cooking for a new parent.	<input type="checkbox"/>
Perform music, or offer to teach a craft at your local retirement village.	<input type="checkbox"/>
Help someone cross the street - an elderly person with bags, a parent with a pram, a homeless person with a trolley.	<input type="checkbox"/>
Buy a box of donuts or chocolates and offer them around for free.	<input type="checkbox"/>
Do a kindness challenge with family or friends – best act of kindness under \$10 eg buy a bunch of flowers and randomly give them away to people who pass.	<input type="checkbox"/>
Listen to understand not to respond. When someone is talking to you - really listen to them, resist the urge to do something else at the same time. Use eye contact.	<input type="checkbox"/>
Connect people who may be able to help each other – in person, or via email/text.	<input type="checkbox"/>

Suggested Acts of Kindness	Date I Did it	Reflection (what happened for you/the recipient/others?)
Watch movies or read books that inspire you with kindness eg Pay it forward, Patch Adams, Schindler's List, Sister Helen, Mother Teresa (by Richard Attenborough)	<input type="checkbox"/>
Be the first to stand-up and let a weary traveller, pregnant woman or elderly person take rest on public transport.	<input type="checkbox"/>
When you are in a coffee shop or café, buy a coffee or cake in advance for the next customer that comes in.	<input type="checkbox"/>
When you see a homeless person, think about how you might be able to help them in some way. Ask them if there is anything that they need. Give them a warm coat. Share a conversation. Spend some time. Listen. Engage.	<input type="checkbox"/>
Consider volunteering. Check out what opportunities there are in your area and how this fits your passions and strengths.	<input type="checkbox"/>
Place a love, or gratitude note somewhere hidden eg luuch box, under a pillow, on the car windscreen.	<input type="checkbox"/>
Those things you're going to sell. Why not give them away for free?	<input type="checkbox"/>

Suggested Acts of Kindness	Date I Did it	Reflection (what happened for you/the recipient/others?)
Pass books on, especially the good ones or leave them in public places for others to find.	<input type="checkbox"/>
Start a community garden or share the produce from your own.	<input type="checkbox"/>
When you are served in a shop, bar, restaurant etc, make eye contact and sincerely thank the employee for their help. Try to be as specific as possible in your praise.	<input type="checkbox"/>
Put coins in a meter, that's about to expire. If you can, watch what happens next.	<input type="checkbox"/>
If you know that someone is particularly busy, offer to take their dog for a walk.	<input type="checkbox"/>
When a thought of generosity arises within you, act on it. Don't hold back. Even if it's quick text message of gratitude or invitation. Do it!	<input type="checkbox"/>
Take a someone out for coffee or dinner.	<input type="checkbox"/>



Suggested Acts of Kindness	Date I Did it	Reflection (what happened for you/the recipient/others?)
Stand up for someone who is being given a hard time. Campaign for something you believe in.	<input type="text"/>
Visit and animal shelter and see if you can help.	<input type="text"/>
Standing in a queue? Let someone go before you.	<input type="text"/>
Forgive someone for something they have done to slight you.	<input type="text"/>
Volunteer some time to help a charity or perhaps a homeless shelter.	<input type="text"/>
Welcome someone new to your work, family or community.	<input type="text"/>
Carry someone's bags who is struggling.	<input type="text"/>

Suggested Acts of Kindness	Date I Did it	Reflection (what happened for you/the recipient/others?)
Stop speaking ill of others. Let your words be kind.	<input type="checkbox"/>
Create boundaries for you kindness. Say “no” to something when asked – self kindness.	<input type="checkbox"/>
Speak to yourself like you would a good friend. Soothe yourself when you are suffering using kind words and tone.	<input type="checkbox"/>
Forgive a driver for their error on the road or their road rage directed at you.	<input type="checkbox"/>
Think of the people in your life... what help do they need with chores or tasks? Don't wait to be asked.	<input type="checkbox"/>
Donate to your favourite charity – try to choose ones where you can see the impact.	<input type="checkbox"/>
Give someone a chance to change their life through a small loan (e.g. \$25) on www.kiva.com	<input type="checkbox"/>

Suggested Acts of Kindness	Date I Did it	Reflection (what happened for you/the recipient/others?)
Spend some time with an elderly or disabled member of the community living on their own. Approach an older person's residence if you need connections.	<input type="checkbox"/>
Teach a child something they're struggling with. Really listen to them.	<input type="checkbox"/>
Offer to hold someone's baby when they're struggling to juggle groceries, other children etc	<input type="checkbox"/>
If a friend or family member is having a hard time, make sure they know that you are there for them and are available to talk and help.	<input type="checkbox"/>
Give Blood.	<input type="checkbox"/>
Tell someone in a shop they are doing a great job.	<input type="checkbox"/>
Offer to look after a friend or family members children for a few hours.	<input type="checkbox"/>

Suggested Acts of Kindness	Date I Did it	Reflection (what happened for you/the recipient/others?)
Make someone breakfast in bed (make sure you know them first!)	<input type="checkbox"/>
When someone cuts you off in traffic, wave them on.	<input type="checkbox"/>
Help someone celebrate something good that's happened. Really listen, ask more about it drawing them out and allowing them to savour the experience.	<input type="checkbox"/>
Bake a cake and invite someone over to share it.	<input type="checkbox"/>
Create something for someone else using one of your strengths – art, poem, cake or meal etc.	<input type="checkbox"/>
Take some bread to the park and feed the ducks.	<input type="checkbox"/>
Do something that brings you joy. Better still, share that with someone else.	<input type="checkbox"/>

Suggested Acts of Kindness	Date I Did it	Reflection (what happened for you/the recipient/others?)
Write to someone who has influenced you to thank them.	<input type="checkbox"/>
Plant vegies with extras so that you can give them away.	<input type="checkbox"/>
Do a chore for someone that they hate doing.	<input type="checkbox"/>
Reconnect with someone you have been too busy to see.	<input type="checkbox"/>
Ask someone if they'd like to accompany you for a walk in nature.	<input type="checkbox"/>
Consider that every action we take is proceeded by the question "what is the kindest way I can respond?" and make that your mantra.	<input type="checkbox"/>
Show others that you value kindness, spot and praise it in others telling them the difference it's likely to have made.	<input type="checkbox"/>

Suggested Acts of Kindness	Date I Did it	Reflection (what happened for you/the recipient/others?)
Validate others - for a day, make it a point to compliment something about everyone you encounter e.g. their eyes, the colour they're wearing, their baby/pet, earrings/tie, the way they've served you. Watch how simple a compliment shifts people.	
Share your stories of kindness and the impact with others, it's contagious.	

Any ideas you came up with that are not listed, you can write them here.....