

NEW

100+
ways to
bring more
kindness to
your life



SIMPLE ACTS OF KINDNESS

SMALL ACTIONS THAT MAKE
A BIG DIFFERENCE



YOUR 52-WEEK INTERACTIVE JOURNAL



This journal belongs to



Contents


- 6 **A note from the editor**
- 8 **Introduction: choose to be kind**
Taking the first steps in your kindness journey
- 12 **Kindness in an unkind world**
Learn how to be resilient to rudeness
- 14 **Survival of the kindest**
Discover how the trait of kindness evolved
- 16 **You get what you give**
The surprising health benefits of kindness
- 22 **Pay it forward**
Why your good deeds can be contagious
- 24 **Practice makes perfect**
Tips on how to make kindness a habit
- 26 **Your kindness goals**
Explore your motivations for the year ahead

Journal

- 32 **Your journal**
Interactive pages to record every step of your kindness journey, including over 100 simple acts of kindness to inspire you
- 188 **Reflecting on your year**
Take a look back at how kindness has changed your life

A NOTE FROM THE EDITOR

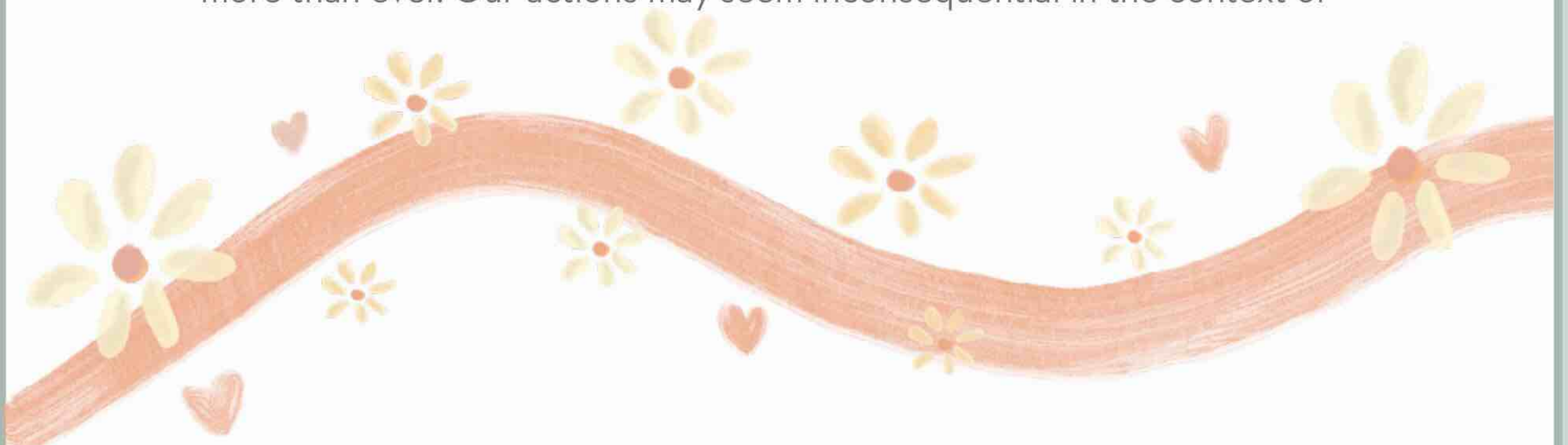
If there's one thing the world could always do with more of, it's kindness. With the help of this journal, you can start to make that happen

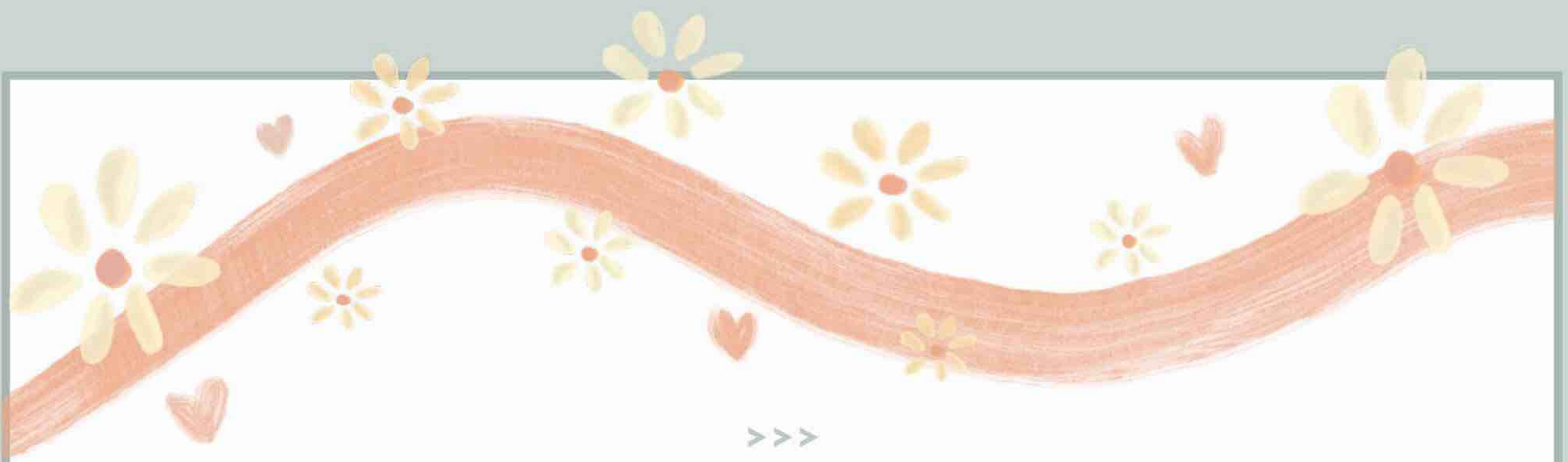


It goes without saying that we all like to believe we are kind people. We say our pleases and thank yous and ask our partner how their day has been... even if we're not 100% listening to the answer, but we asked and that's what matters, right? Of course, good manners are important and asking someone about their day is a kind thing to do, but how often do you find yourself performing these actions on autopilot? And when was the last time you really took a moment to appreciate a kind gesture, rather than going through the motions, saying 'thank you' and moving on with your day?

Modern life can be busy and frantic, and we're all guilty of using that as an excuse to just get through each day on a path of least resistance. Maybe you avoid making small talk with the supermarket cashier so you can get home faster, or you don't have time to congratulate a colleague on their work because you're busy with your own. It's not as though you are *intentionally* being rude in these situations, but we are often so wrapped up in our own heads that we forget to put ourselves in the other person's shoes. That chat with the cashier transforms a clinical transaction into a pleasant social interaction, and praising your colleague's work could give them a much-needed confidence boost. Kind gestures don't have to be extravagant to spread a little joy or make someone's life a bit easier.

Let's face it, it's not always easy to be kind. With the constant bombardment of 24-hour news and social media, the world can seem like a cruel and unforgiving place sometimes. It's easy to resign yourself to thinking, 'What difference will it make?' But in dark times, kindness matters more than ever. Our actions may seem inconsequential in the context of





global affairs, but every act of kindness makes a difference. Good deeds and kind words often ripple outwards like a chain reaction of positivity through the lives of those affected - when you perform an act of kindness, you can never tell how far-reaching its impact will be. And if hundreds, thousands or millions of us actively make the effort to be kinder, well... the results can be world changing!

It can be particularly challenging to be kind if people treat us unkindly, since many of us will instinctively respond in the same way. But if we all treat those who are rude to us with unkindness, that cycle of negativity never ends; 'An eye for an eye and the world goes blind', as the saying goes. In these circumstances, kindness is more like a skill. It takes practice to face rudeness with empathy, or to leave an infuriating situation calmly, but knowing that you have the ability to break a cycle of rudeness can be a powerful feeling.

Too many of us take kindness for granted, but it has an impact on almost every part of our lives, from our relationships and careers, to the local community and beyond. Kindness can also have a profound effect on our mental health and - perhaps surprisingly - our physical wellbeing too. The best thing about kindness is that we can't run out of it; there are always opportunities for us to be more compassionate, considerate and generous in our day-to-day lives. The fact that you have picked up this journal goes to show that you recognise this and are ready to bring more kindness into your life.

We hope this journal inspires you to become more conscious of kindness - whether it's noticing opportunities to perform a good deed or taking time to fully appreciate those moments when others are kind to you. Throughout these pages, you will find more than 100 ideas for simple acts of kindness that you can incorporate into your day, across every aspect of your life. As you work your way through the activities and complete the journal entries, we hope you begin to notice the wonderful benefits that embracing kindness can bring.

Jacqueline Snowden
EDITOR



CHOOSE TO BE KIND

When you open your heart to being kinder and open your eyes to the world around you, you'll see opportunities to be kind everywhere you go

Kindness is defined as 'the quality of being friendly, generous and considerate' (Oxford Dictionary) without the expectation of a reward or praise in return. It's a selfless act - but that's not to say it doesn't have a positive impact on your own life too. Kindness can bring joy and meaning to your day-to-day life, and it can even benefit your health (more on this later in the journal). Being kind, however, is a skill that needs to be learned, and it requires both courage and strength to implement kindness throughout our lives.

Kindness means devoting some of your own time and resources to other people. In the frantic and time-poor world we live in, this can feel like a sacrifice. But kindness doesn't have to be huge, grand gestures all the time. It's best to start small and implement kind acts into your daily activities. It can be a kind word, a small gesture or a simple change that you make to the way you live your life.

It starts with awareness; a willingness to be open and observant. You will then begin to notice when there are opportunities for kindness. To open a door for someone who is struggling takes no effort or time on your part, but that person will carry your kindness with them throughout their day. It might encourage them to be kind to someone else, and your tiny act of kindness begins a ripple effect. We explore this idea of 'paying it forward' a little more later on.

You probably already do kind things without realising. Kindness can be quite underrated - we don't realise how our simple actions can make someone else feel loved and thought of. Taking the time to thank someone is an act of kindness. You might already be in the habit of sending a quick message to say thank you for a gift or meal. Can you enhance that? Could you send a longer message that's more specific, or a handwritten note? Rather than simply saying, 'Thank you for the meal last night', say 'Thank



The power of kindness

Kindness has often been associated with being weak or naïve. It has been seen as passive; letting other people behave badly towards us and not retaliating in the same manner. But kindness is a powerful action. It takes a lot of courage to show kindness to someone who is being unkind towards you. Being kind doesn't mean we have to diminish our own value - to offer genuine kindness when faced with unkindness shows that we're resilient, strong and confident.

Be kind to yourself

As the saying goes, 'You can't pour from an empty cup'. You need to show kindness to yourself as well as others. Say kind things to yourself if you have any negative self-talk, and set aside time for self-care activities that you enjoy. When you feel emotionally nourished, you will carry that strength through your life. This mindset will help you to show that same kindness to others, making them feel good about themselves too.



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WE DON'T ALWAYS
REALISE HOW OUR
simple ACTIONS CAN
MAKE SOMEONE ELSE
FEEL *loved* AND
THOUGHT OF

”



you so much for inviting us to come to dinner last night. The meal was really lovely, and you obviously put a lot of time and thought into it. The pudding was especially good! We really appreciate it'. It might take a bit longer to type out, but the recipient will feel appreciated and loved.

Celebrate others' achievements, email someone to say you're thinking of them, donate good-quality clothes you don't wear to a charity, be honest and truthful, listen carefully when friends talk, smile at a cashier in the shop when they serve you, be patient if you have to wait in line, give what you can to those in need (whether that's time, money or skills)... there are lots of ways to trickle kindness through your life.

Throughout this journal, you will find prompts and activities to help you think more about kindness. These are designed to help you be more mindful and aware of how you can show kindness. They will identify those things you already do, and help you find ways to implement kindness in new areas of your life. Kindness is like respect - if you want others to show kindness to you, you need to show it to them. Let's get started on our journey and begin making some positive changes.

Kindness adds up

You might think your small act of kindness doesn't have an impact. It can be easy to think, 'What difference will it make?' However, if your one small gesture is matched by another person's small gesture, and so on, those small acts of kindness can build up to make a real impact. Take, for example, a family who have lost their home and a local charity asks for help to build up what they need. If you can give a few items of clothing, it might not seem a lot on its own to someone who has lost everything. But if someone else gives them a different item they can spare, and a third person does the same, then between a whole community of kind gestures, that one family can start to rebuild bit by bit.



WHAT DOES KINDNESS MEAN TO ME?

Take a moment to consider what 'being kind' means to you. Use the space below to note down your thoughts about the principle of kindness and why it is important to you

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KINDNESS IN AN UNKIND WORLD

We know that kindness matters, but sometimes it isn't always easy. When dealing with a negative situation, or with an unkind person, staying positive and kind is tough

Right now it feels like there's a lot of unkindness in the world. It's all over the newspapers, social media and within our social groups. But remember: you can *choose* to be kind in any circumstances. It takes practice and a shift in your mindset, but even in the hardest of times, kindness matters. In fact, when the world seems awash with unkind behaviours and feelings, kindness is more important than ever.

Giving in to unkind or negative thoughts and actions in a difficult situation will impact on your own wellbeing. Resentment, anger or ungratefulness can cause you to feel low and sad. Choosing to take positive action, through kind words and behaviours, can lift your mood and your mental health.

If someone is rude to you, your natural reaction can be defensiveness or retaliation, leading to an argument. However, that person's rudeness might be a reflection of an insecurity or something bad happening in their lives, or because they're feeling tired and overwhelmed. When faced with rudeness, pause. Take a deep breath, which helps to calm your body and reactions. You can't stop someone being rude to you, but you can change how you react to it. If you remain calm, it may diffuse the rudeness of the other person and prompt them to mirror your behaviour. However, if they continue to be unkind, you can gently disengage from the conversation and walk away knowing you handled the situation with compassion.

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EVEN IN THE
DARKEST TIMES,
THERE IS *always*
KINDNESS
TO BE FOUND
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When times are difficult, whether for you personally or due to something on a more global level, you might feel a heightened sense of anxiety and negativity. The unkindness of the world, or the reactions of other people to it, can cause you to feel a little hopeless. But even in the darkest of situations, there is always kindness to be found. When something bad is happening, try to find the good. In global situations, focus on those who are trying to invoke change or provide help, rather than those displaying unkindness. This can incentivise you to do something kind to help too. The knock-on effect is that this then helps to increase your own positivity towards the situation you're facing, and might encourage those around you to react with kindness too, starting a small ripple of kindness through an unkind situation.



REASONS FOR RUDENESS?

What excuses are you guilty of using to justify unkind behaviour? Perhaps you're short with people if you're running late, or become irritable after a bad night's sleep...

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SURVIVAL OF THE kinDEST

In a dog-eat-dog world where animals battle daily for survival, how did kindness ever evolve? And what stops selfishness from taking over?

Nature is violent. In a world where only the fittest survive, animals must engage in deadly battles to pass their selfish genes to the next generation. But, there's a wrinkle in this tale of teeth and claws. Sometimes, it's the kindest that survive.

The cost of kindness

Biologically speaking, our primary goal as animals is to maximise our evolutionary fitness - our chances of passing on our genes to the next generation. And, in theory, every act of kindness comes at a cost. By putting the needs of others above our own, we reduce our evolutionary 'fitness' and increase theirs.

Imagine a society where everyone is kind - if you do something nice for someone, they'll do something nice for you. You sacrifice some of your evolutionary fitness for them, but they pay you back. The evolutionary scales are balanced.

What happens if someone cheats the system? You do something nice for them, but they do nothing kind in return. They improve their own chances of success and leave you in the dust. If evolution were governed by a simple balance sheet that pitted the selfish against the selfless, kindness would rapidly disappear. Luckily, it's not that simple.

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KINDNESS MAKES US
feel good, EVEN
WHEN NO ONE
IS LOOKING

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Better together

The truth is, the evolutionary scales don't operate on a purely individual basis. Families that are kind to each other have an evolutionary advantage. If your goal is to pass your genetic code on to the next generation, being kind to your sister, who shares your genes, helps to outweigh your own evolutionary sacrifice. Unrelated groups that are kind to each other also fare better. A group of individuals who work together can easily outcompete a group of individuals who care only for themselves. And, when we cooperate, something magical happens - we become more than the sum of our parts.

Human civilisation is built on kindness among complete strangers. We work together in groups to share favours on a scale completely unmatched in the animal kingdom. We divide tasks among individuals to achieve more than any one of us ever could alone. We're kind to strangers, not because we want something from them as an individual, but because we all benefit from the kindness of society as a whole.

Being kind is so important to our survival that it's become hard-wired. We might not repay every act of kindness immediately, but we feel guilt and shame when we don't treat others well. When we see someone suffering, we feel their pain. When we stop to help, we're rewarded with a rush of endorphins. Kindness makes us feel good, even when no one is looking, and this is the secret to humanity's success.

Animal instincts



Cases of animals performing selfless acts suggest that the trait of kindness isn't exclusive to humans. A famous example took place in the summer of 1996, when a three-year-old boy slid over the railings at Brookfield Zoo, Illinois, tumbling into a gorilla enclosure. The fall broke his arm and knocked him unconscious. But in an incredible act of animal kindness, eight-year-old Binti Jua came to his aid. The 150-pound gorilla looped her arm around the boy's waist and lifted him to safety. She positioned herself between the infant and six other adult gorillas, cradled him gently, and delivered him to paramedics waiting at the door to her enclosure.



YOU GET WHAT YOU GIVE

When it comes to kindness, you get back almost as much as you put in, with every altruistic action making you happier and healthier than before

Pure kindness comes from a place of selflessness. But whether you do a favour because you want something in return, or out of the goodness of your heart, you can't help but reap the rewards. Every act of kindness you perform has subtle effects on your physiology. Your heart rate slows down, feel-good chemicals flood your system, and your outlook on the world starts to change. Being kind is more than just a gift to those around you - it changes your internal chemistry, making you happier and healthier from the inside out.

Load up on happy hormones

Every act of giving releases feel-good chemicals that change your physiology for the better. Oxytocin is the body's most powerful chemical signal of social connection. Produced by the brain, it travels through the bloodstream and floods every corner of the body. It has antidepressant-like effects, boosting feelings of empathy, increasing trust, suppressing fear, and making us more generous. It also dampens the release of the stress hormone, cortisol, and even seems to decrease inflammation, helping wounds to heal faster.

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EVEN THE
tiniest
ACTS OF KINDNESS
CAN HELP TO
KEEP NEGATIVE
EMOTIONS AT BAY
”



Heal your neighbour

Some acts of kindness have a health benefit for others, as well as for yourself. When you put your hand on someone's shoulder and gently stroke their forearm, you are doing something called 'affective touch'. This soothing type of physical kindness activates specific nerve fibres that respond only to gentle stroking. These nerve fibres trigger a release of opiates, the body's natural morphine, relieving both physical and emotional pain. Slow touches from people we trust tell us that we're safe, and it's going to be okay.

Reduce everyday stress

Helping others doesn't make hard days harder. In fact, on stressful days, making the effort can make all the difference. Research shows that even the tiniest acts of kindness can help to keep negative emotions at bay. Try something small, like holding open a door for someone.





Start a happiness spiral

Research shows that counting kindnesses is a simple way to get more happiness out of your day. Just bringing attention to kindness in your life can instantly improve your mood. Then, a little magic starts to happen. When we feel happy, we are more likely to be kind. And, when we are kind, we are more likely to have positive social interactions. This strengthens our social connections, which makes us happy, and the upward cycle continues.

Feel more connected

Comparing yourself to others can lead to feelings of disconnection, but you can counteract this with kindness. Research shows that wishing others well, even just in your head, can increase your sense of connection. Thoughts of 'loving kindness' lower anxiety and boost happiness.

Buffer a low mood

We often judge ourselves more harshly than we judge others, amplifying feelings of isolation, loneliness and rejection. Replacing that judgement with self-care and self-compassion is sometimes all it takes to lift a low mood. Remember to be kind to yourself, too.

An illustration of a spa setting. In the foreground, a person's feet with red nail polish are raised in a bathtub filled with blue water. A hand with red nail polish holds a martini glass with a drink and ice. The background shows a vanity area with various spa products: a jar of 'Balm', a jar of 'mask', a bottle of 'Lotion', and a candle labeled 'CEDAR WOOD'. There are also some grey T-shaped objects on the vanity. The wall has a hexagonal tile pattern, and there are green plants on either side. A text box is overlaid on the scene.

Relax and live longer

Being kind and sharing your time for the benefit of others seems to reduce your risk of dying. The reasons for this aren't completely clear, but one explanation is happiness: positive emotions make you healthier. Kindness makes people feel more connected, and this affects the vagus nerve, which controls the 'rest' modes of the heart, lungs, and guts. The vagus nerve also opposes the 'fight or flight' response. Building social connections can help the vagus nerve to work better, taking the body out of threat mode and back into rest mode.



Help a whole community

Receiving an act of kindness makes people more likely to perform an act of kindness themselves, triggering a chain reaction. Your kindness not only improves your own health, but the health of everyone who chooses to pass that kindness on.

Get high on helping

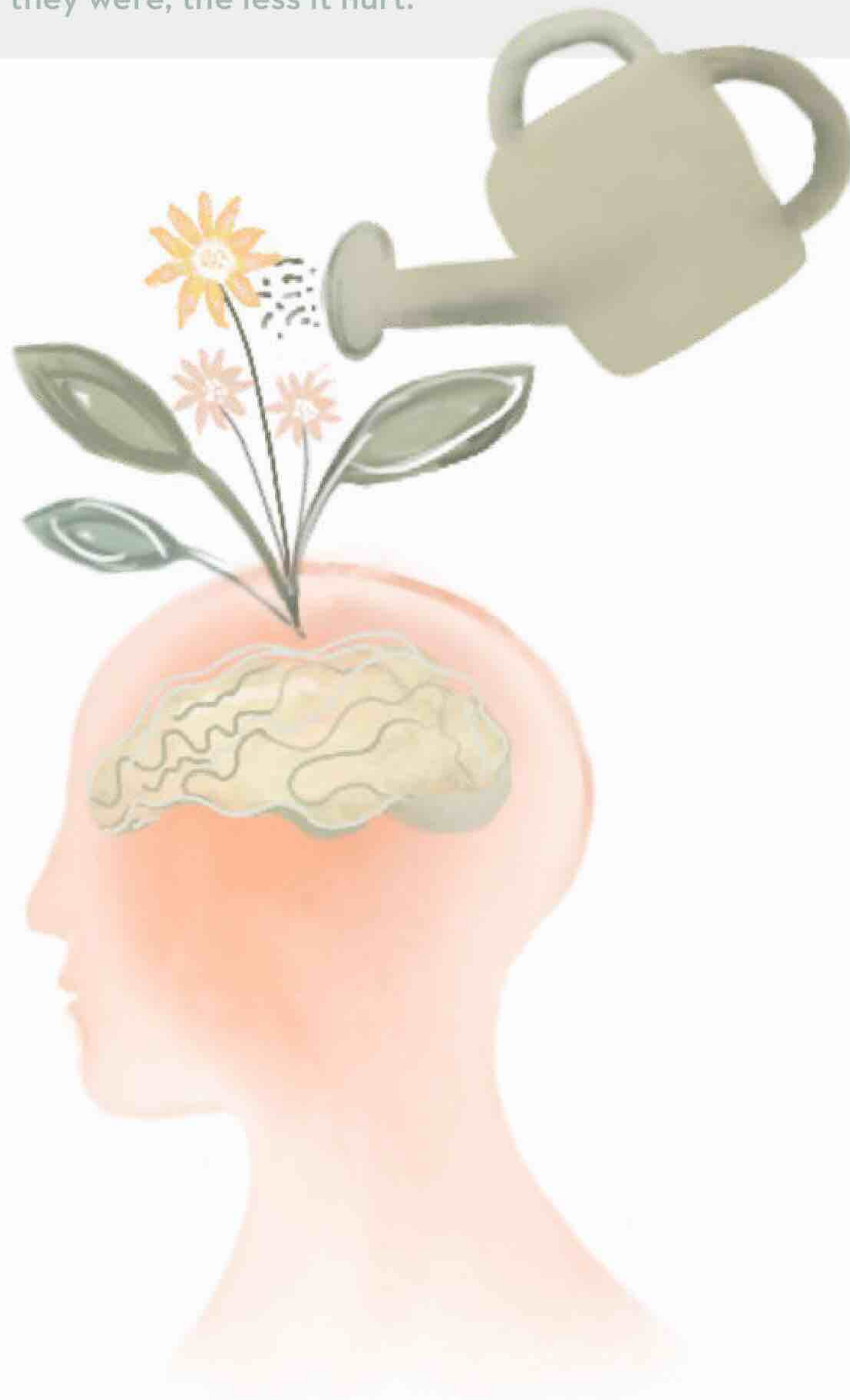
Kindness isn't always selfless, and the brain's reward pathway knows it. It lights up when we do something kind, because it knows that when we help someone else, they often return the favour. But kindness can also be its own reward. Even when we practise pure altruism, with no expectation of receiving anything in return, we still get that same rush of dopamine. The feel-good chemical is a reward in itself, a 'helper's high', and the sensation can be addictive.

Heal a broken heart

The hormone surge generated by random acts of kindness has the power to protect your heart. Oxytocin acts on the heart and blood vessels, lowering blood pressure, slowing the heart rate, and reducing inflammation. It might also be able to help a broken heart to heal.

Relieve physical pain

According to brain-scan research, being kind can numb physical pain. The parts of the brain involved in pain processing seem to dial down their activity when we act altruistically. In the study, participants received small electric shocks while researchers monitored their brains. Not only did the volunteers feel less pain when they had done something kind for someone else, but the effect also scaled according to how kind they felt they had been. The kinder they were, the less it hurt.



PAY IT FORWARD

Kindness is contagious. A small act of kindness can create a ripple effect, the impact of which can be felt far and wide

We often think of an act of kindness as just that – a single event passed from one person to another. But kindness is far more powerful than that. It has the ability to drive change well beyond the initial participants in the act of kindness.

Think of a time when you witnessed someone doing something kind for another person, or maybe you were on the receiving end of a kind act yourself. How did that make you feel? Whether bystander or recipient, it's likely you experienced a warm feeling inside, an inner spark. We then carry that spark with us through the rest of our day.

There is actually a word for this feeling in context: 'elevation' or 'moral elevation'. According to Wikipedia, elevation is an emotion 'elicited by witnessing virtuous acts of remarkable moral goodness'. Elevation makes you feel lifted, happy and optimistic – a natural high of sorts.

In this elevated state of being, you might feel more empathetic towards others and more inclined to perform your own acts of kindness. These acts of kindness will enhance your internal feel-good factor even more, making you want to show kindness more often. Then, if someone witnesses your act of kindness, they too experience elevation and spread kindness themselves. As you can imagine, it doesn't take long for one initial kind act to ripple outwards.

“ WE CARRY THAT
spark OF KINDNESS
WITH US THROUGH
THE REST OF OUR DAY ”





Humans are social beings, and we tend to mimic the behaviour of others around us. That works for both positive behaviours as well as negative ones. If we're mindful about being kind in our daily life, this in itself can inspire kindness in others.

It's quite a powerful thing, to think that one act of kindness might, by degrees of separation, have a huge impact on a person completely unknown to us somewhere down the line. They'll never know what triggered the kindness done to them; you'll never know how your own kindness will spread. But just being aware that kindness is a type of 'emotional contagion' certainly makes it worth striving for it in our everyday lives.

INSPIRATIONAL ACTS

Think about a time when you witnessed someone doing a good deed. How did it make you feel?
Did it inspire you to act differently?

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PRACTICE MAKES PERFECT

Kindness is a skill that can be learned and improved.
The more you incorporate it into your daily life,
the easier you will find it to practise



When you first consider introducing more kindness into your life, it's normal to feel a bit overwhelmed and unsure of where to start. It's a very simple concept and you probably already do kind things without thinking about it. Intentional acts of kindness take a little more forethought and mindfulness at first, but they will soon become part of your life.

There are some ways you can start to add kindness into your life every day. For example, why not set yourself a goal to smile at one person you pass in the street each day? If you usually walk lost in thoughts and with your head down, you might not realise how many people you walk by. Keeping yourself in the moment and actively choosing to smile at a stranger can feel odd at first, but you could make that person's day. You might also feel self-conscious about doing it the first few times, which is natural. Give it a go, however, and that smile will not only show kindness to someone else, but it can lift your own mood too.

There are other small things you can start to bring into your day. You could decide to text one friend each day just to ask how they are. You never know, that small prompt might be enough to get a friend to open up on a bad day or lead to an in-person meet-up if you haven't seen each other in a while. Why not send a physical card or letter to someone you've been thinking about? Surprise post is a great gift to receive in this age of digital messaging.

You might want to try a random act of kindness, such as buying someone's coffee or offering to help someone who is struggling to carry their shopping - when you start to actively look for opportunities to do something kind, you'll see they are all around you.

You might find occasionally that the recipient doesn't want or appreciate the kindness you are offering, but don't take it to heart. They might not be having a good day, or they might feel self-conscious in light of your kindness, or maybe just unsure of how to react in a surprising situation. This shouldn't put you off practising kindness in your life - this is about the act of giving and not to receive kindness in return.

SETTING REALISTIC GOALS

What simple acts of kindness would you like to start incorporating into your daily or weekly routine? For inspiration, flick through the activities starting on page 36

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“ WHEN YOU *actively* look FOR OPPORTUNITIES TO DO SOMETHING KIND, YOU’LL SEE THEY ARE *all around you* ”



YOUR KINDNESS GOALS

Get ready to discover a happier, less-stressed, more-motivated new you, as you'll learn just how simple it is to become kinder to yourself as well as others



Congratulations! Admitting you want to reach your full potential is the first step on the path to self-improvement. Maybe you feel stressed or anxious and want to use self-compassion as a method to decompress; perhaps you've found yourself getting agitated by others more often, and have found yourself eager to learn better ways to deal with those situations. Whatever your reason for being here, this journal will help to guide, motivate and improve your outlook on life, others and ultimately yourself, helping you to become more emotionally resilient to face whatever events life throws your way.

In modern society, it can be easy to forget to be kind. We are leading ever-increasingly busy lives, which means we have less time for ourselves not to mention other people; virtual interactions are more common than face-to-face ones, and arguably we've become more insular and self-reliant as a species. But kindness remains a very human instinct. It's an overriding trait that helped society to develop; it's the fabric of democracy and one of the reasons the human race has survived as long as it has, which is why it's so important to give it a little boost when times get difficult. Just as you'd go to the gym to get fit or eat more vegetables to stay healthy, practising ways to be kind will benefit your mood as much as it will those whom you choose to share it with.

The act of kindness benefits more than just your mood too. Scientific research shows that the impact of kindness can positively affect our physical health as well as our mental state. When we do something kind, there is a payback - you feel good because of the action itself and/or the person's reaction to your action, both of which stimulate an increase in oxytocin, sometimes called the 'love' or 'cuddly hormone', which triggers an increase in serotonin, known as the 'happy chemical'. This then triggers a domino effect of reducing stress, decreasing anxiety, and finally lowering blood pressure, proving that kindness really is good for your heart.

READY FOR CHANGE

The following section of the journal contains interactive spreads for you to complete. Here are a few pointers...

Moments of Kindness

For this interactive section, you'll want to focus on a handful of good deeds or activities you have recently accomplished or started working towards. There are five spaces and it's completely up to you how you fill them out. For example, you could challenge yourself to complete several entries in one day, or fill them in gradually over the course of the week.

Appreciating Kindness

The manner in which other people interact with you can have a greater impact on your mood and self-esteem than you may realise. The 'Appreciating Kindness' spaces in the journal are here for you to make a note of the kindnesses others have shown you, whether they were grand gestures or small acts. Take time to really reflect on these moments and how they made you feel.



Notes

Writing down your experiences and emotions on paper is a helpful and cathartic process, which is why you'll find a 'Notes' area for any other thoughts. There's no pressure here - if you feel inclined to write, then do so. But if you encounter a mental stumbling block, or want to jot down some initial ideas to expand on later, then feel free to come back to it when you're ready.

Reflections

Life is a rollercoaster of highs and lows pinpointed by events and experiences, so the 'Reflections' section enables you to look back over the week and reflect upon any personal highlights and activities that you might have done. This will help you to appreciate the good times, and can also shine a spotlight on potential areas for future improvement.

MY GOALS

Take a moment to think about why you bought this journal, and note down what you hope to achieve as you work your way through it

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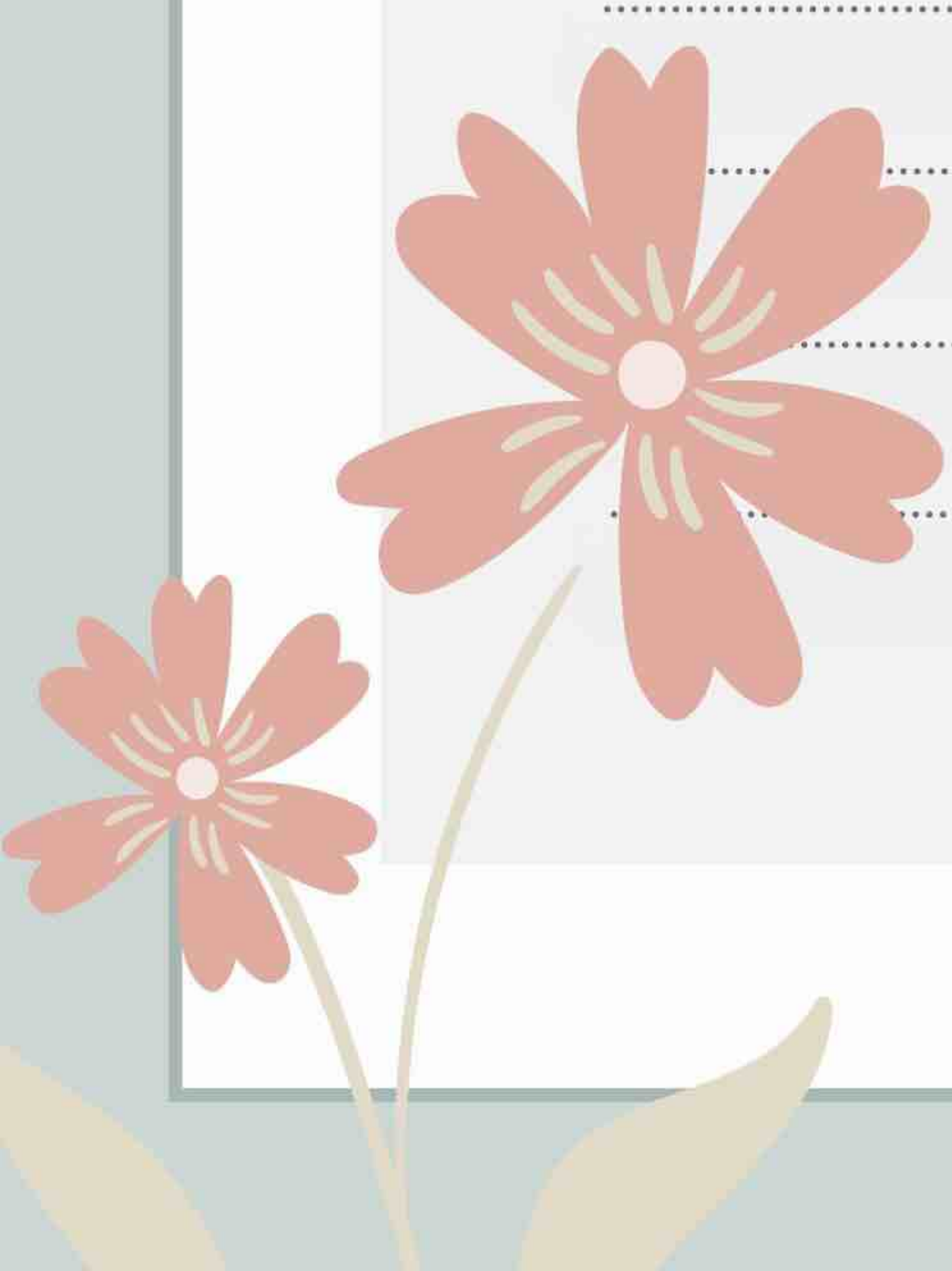
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MY RELATIONSHIP WITH KINDNESS

Answer the questions below based on how you feel at this moment. We'll revisit them to see the impact your kindness journey has had on your life

How often do you take time to appreciate the kind gestures of others?

Never Not very often Sometimes Most of the time Always

Do you ever find yourself wishing you had been kinder in your day-to-day interactions?

Never Not very often Sometimes Most of the time Always

How would you describe your outlook on life?

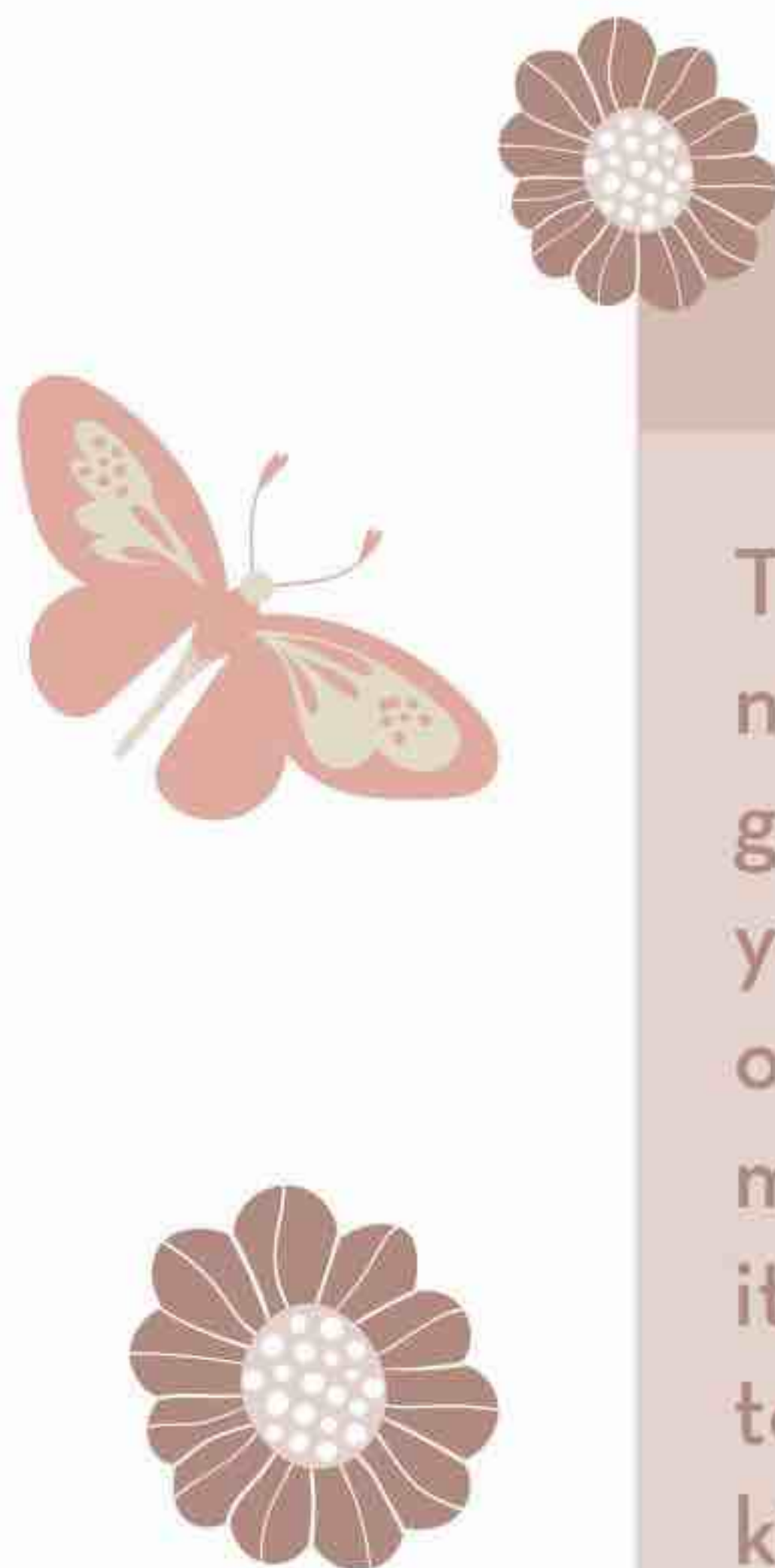
Pessimistic Mostly pessimistic Neutral

Mostly optimistic Optimistic

Circle the responses that best describe you

All kindness great and small

The fantastic thing about kindness, is that there's no requirement or quota on how big or small the gesture needs to be. A little smile or a quick 'thank you' can have just as much of an impact as a gift or favour. The feeling you get from being kind, no matter what it is, is addictive; so the more you do it, the more you'll want to keep doing it. Plus it's totally contagious - being on the receiving end of a kind act inspires kindness in others. So remember, it's okay to start small and just take it one act of kindness at a time.





Journal

In the following section you will find interactive diary spreads where you can keep track of your kindness journey each week. These are interspersed with over 100 ideas and activities that will help bring more kindness into every aspect of your life. Ready? Let's get started!





MOMENTS OF KINDNESS

What good deeds or activities have you performed or worked towards this week? How did the people involved react?

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Notes

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APPRECIATING KINDNESS

When have people been kind to you this week? What did they do or say, and how did it make you feel?

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“No one has ever become poor by giving”
Anne Frank

REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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MOMENTS OF KINDNESS

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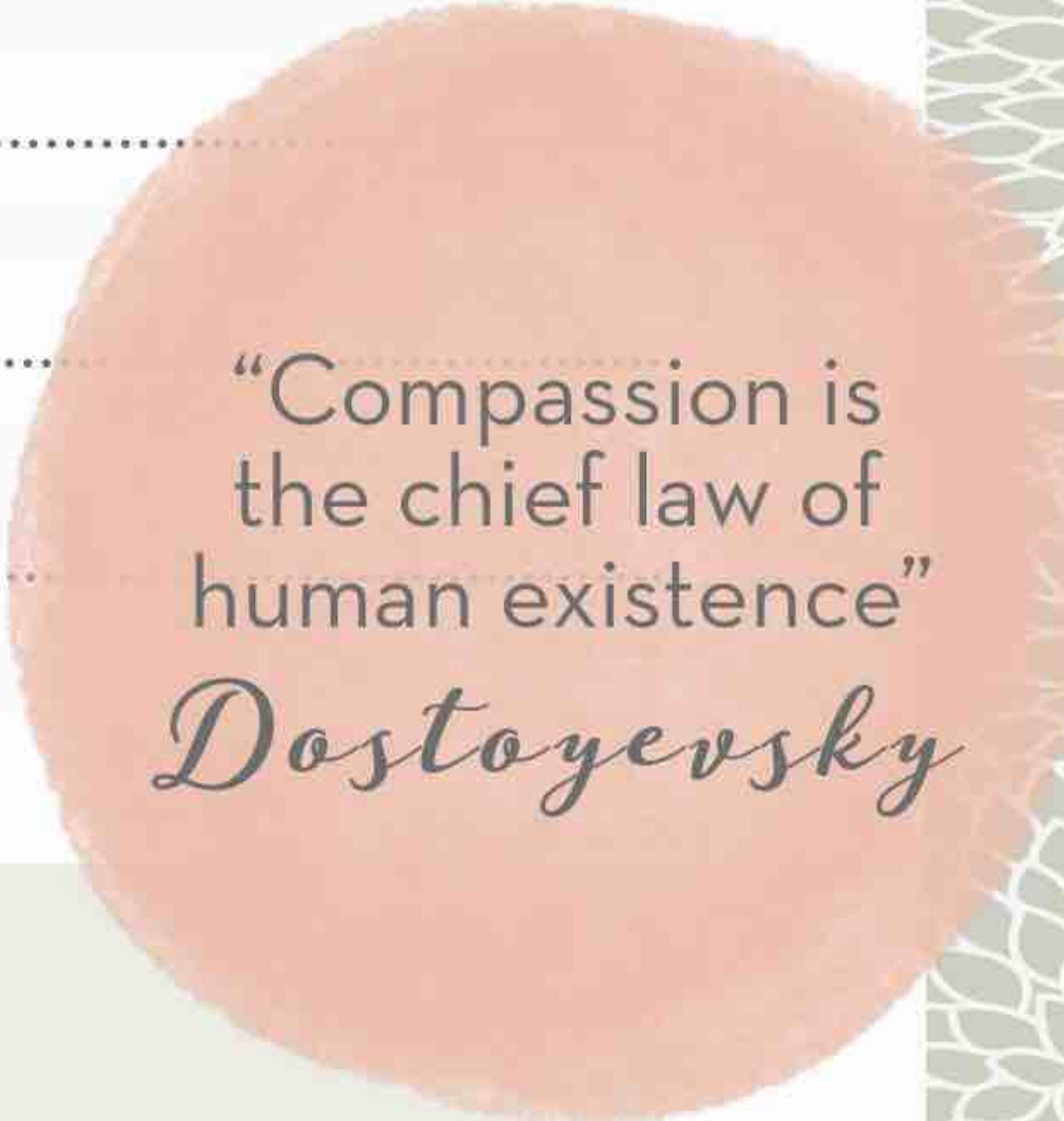
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ACTIVITIES AND IDEAS

If you could use some inspiration during your kindness journey, here are a few simple ideas to try out. Focus on what is most relevant to you, whether that's your home life, career, community or beyond

Key:



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Take care of yourself



We all lead busy lives, but it's important to look after yourself: make sure you get seven to nine hours of sleep every night; exercise regularly; eat a healthy, balanced diet; and drink two to three litres of water a day. These are the basics, but if you can, also try to get outside as much as possible, meditate, keep your mind active and socialise.

Make a playlist

It's the modern-day mixtape! Making a customised music playlist is a lovely way to put a smile on someone's face, by compiling their favourite songs or songs that remind you of time spent together.



Office kitchen duties



Make sure you do your bit - empty the dishwasher, clean the microwave, clear out the fridge if food items have gone past their best, and so on. It's frustrating for the one person who always seems to do these chores.

Buy coffee for a stranger

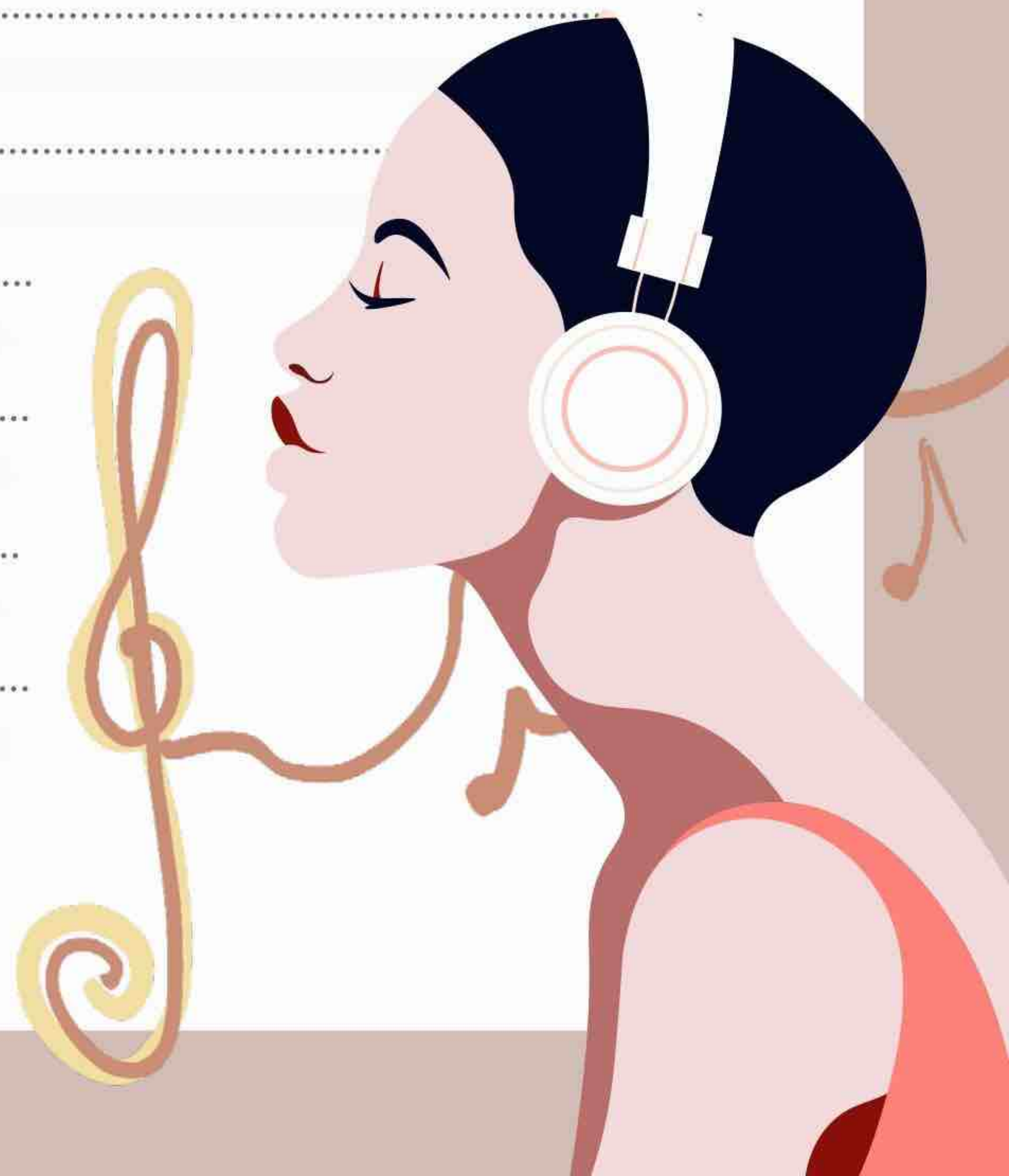
Offer to buy a drink for the person behind you in the queue at a coffee shop or, perhaps even kinder, tell the person behind the till that you'd like to pay a certain amount towards the next person's order, and do it without them knowing. Alternatively, if you're about to get a freebie with a loyalty card, give your loyalty card to someone else in the queue.



CURATE A PLAYLIST

Think of someone you'd like to make a playlist for and write a list of songs you'd put on it. If you have specific memories associated with that song, you can note them here too:

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“Men build too many walls and not enough bridges”
Joseph Fort Newton

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“Evil begins when you begin to treat people as things”
Terry Pratchett

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Give a compliment



Think about how you feel when someone pays you a compliment. Even if you feel embarrassed at the time, it's usually a nice feeling when you reflect upon it later. Remember to compliment your friends and family members when you can.

Create personalised gifts



Photos rarely get printed these days. While we flick through them digitally on our devices, it's not quite the same as having physical momentos. Putting together a photo album or even a scrapbook for someone means special memories can be treasured. And your recipient is bound to appreciate the time, effort and thought that's gone into making it.

Speak up

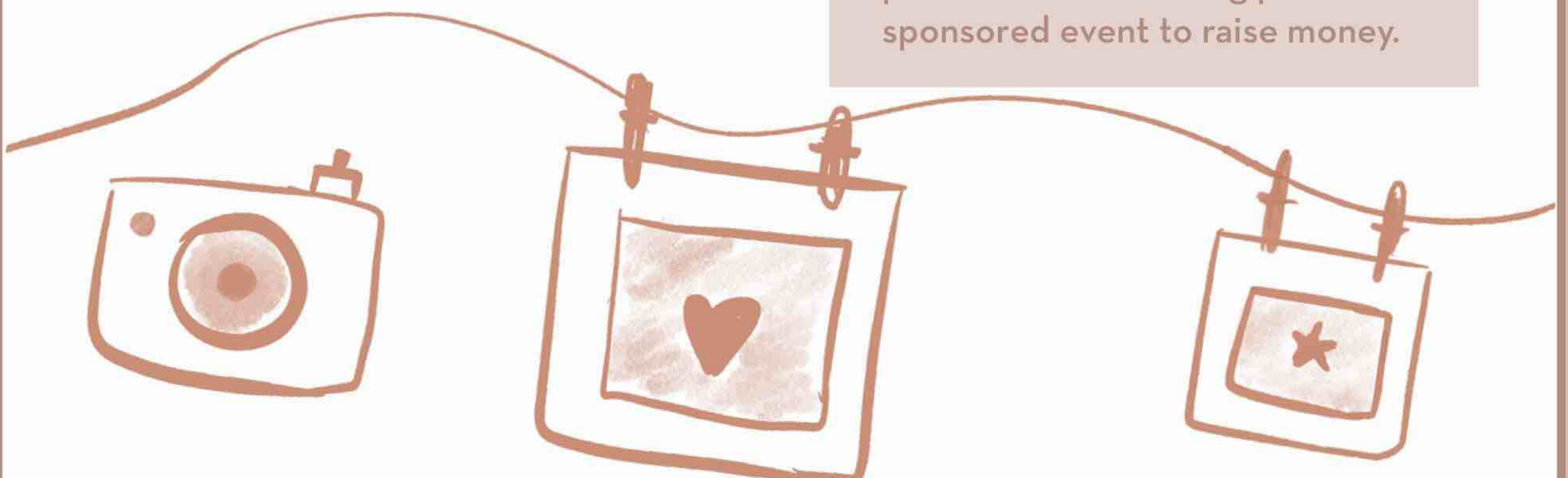


When you hear people gossiping about someone else, be the person to speak up and say something positive about the person they're gossiping about. It will likely stop the gossips from continuing, and might make them think twice about talking behind people's backs in the future.

Give to charity

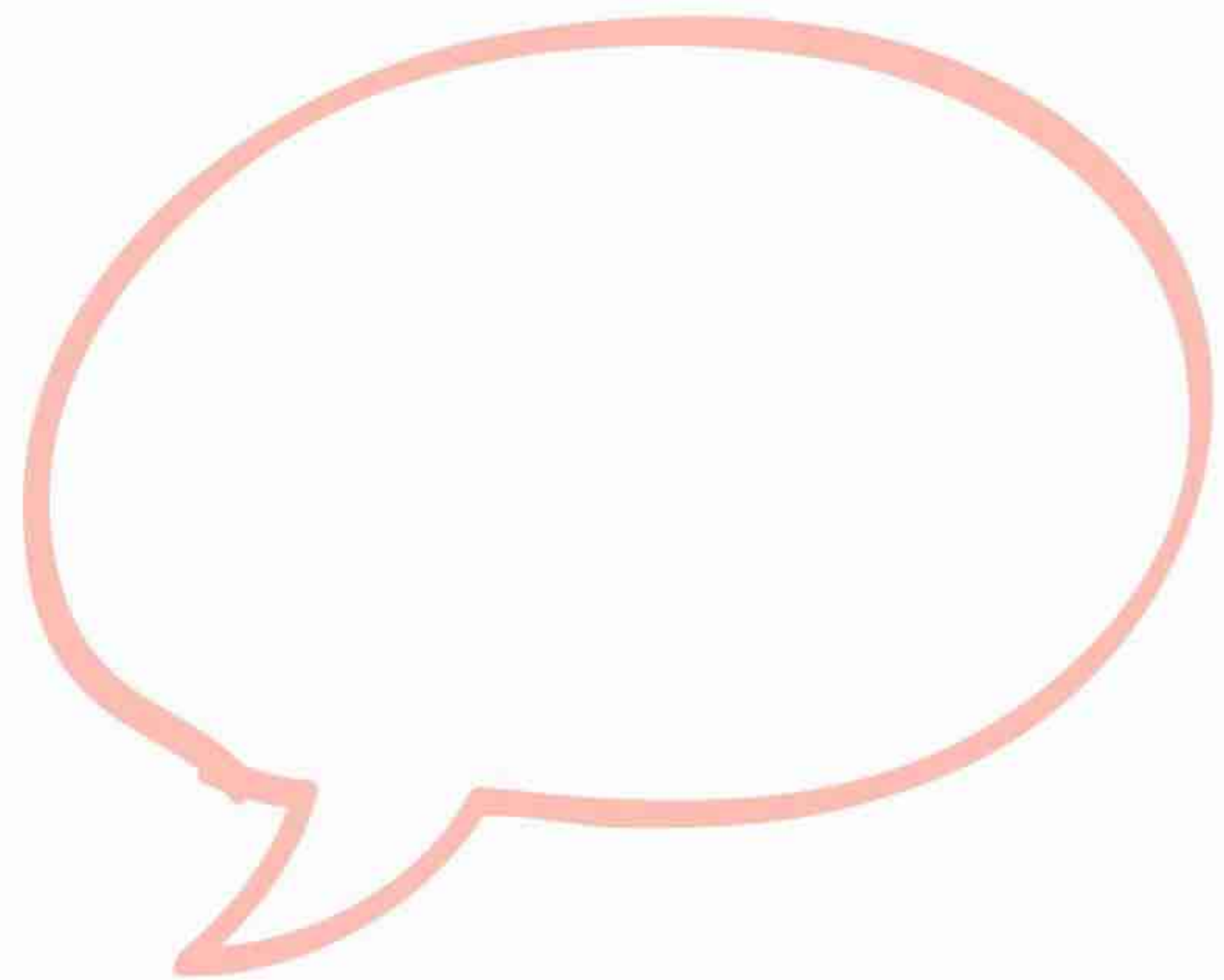
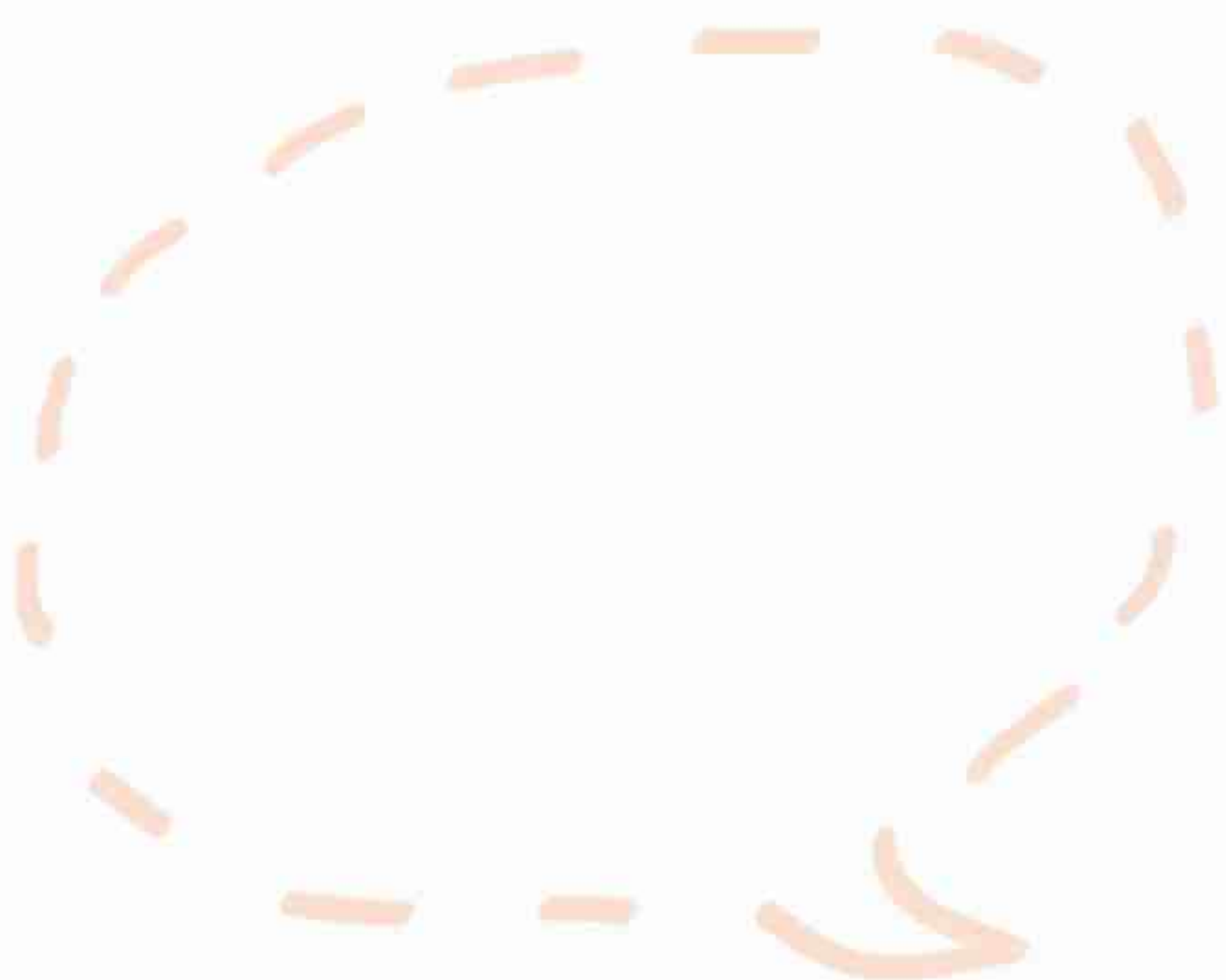
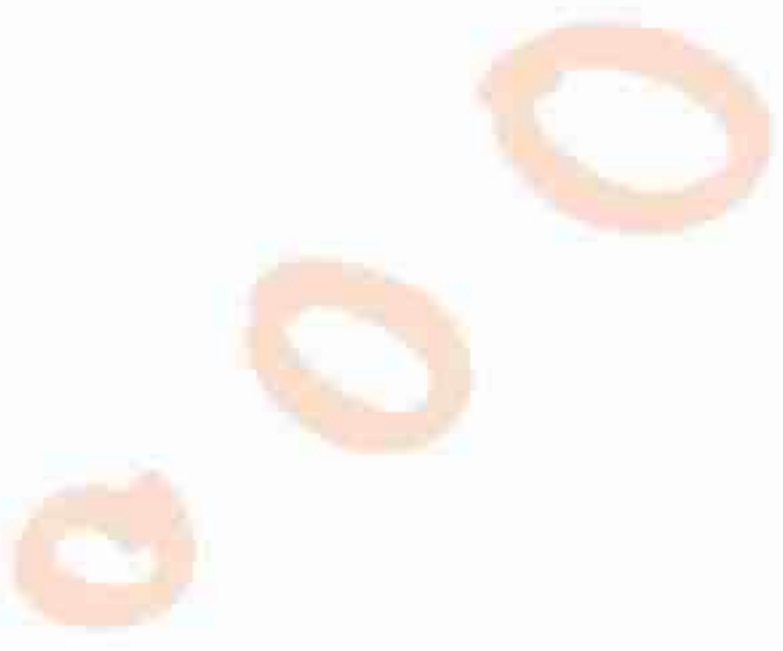
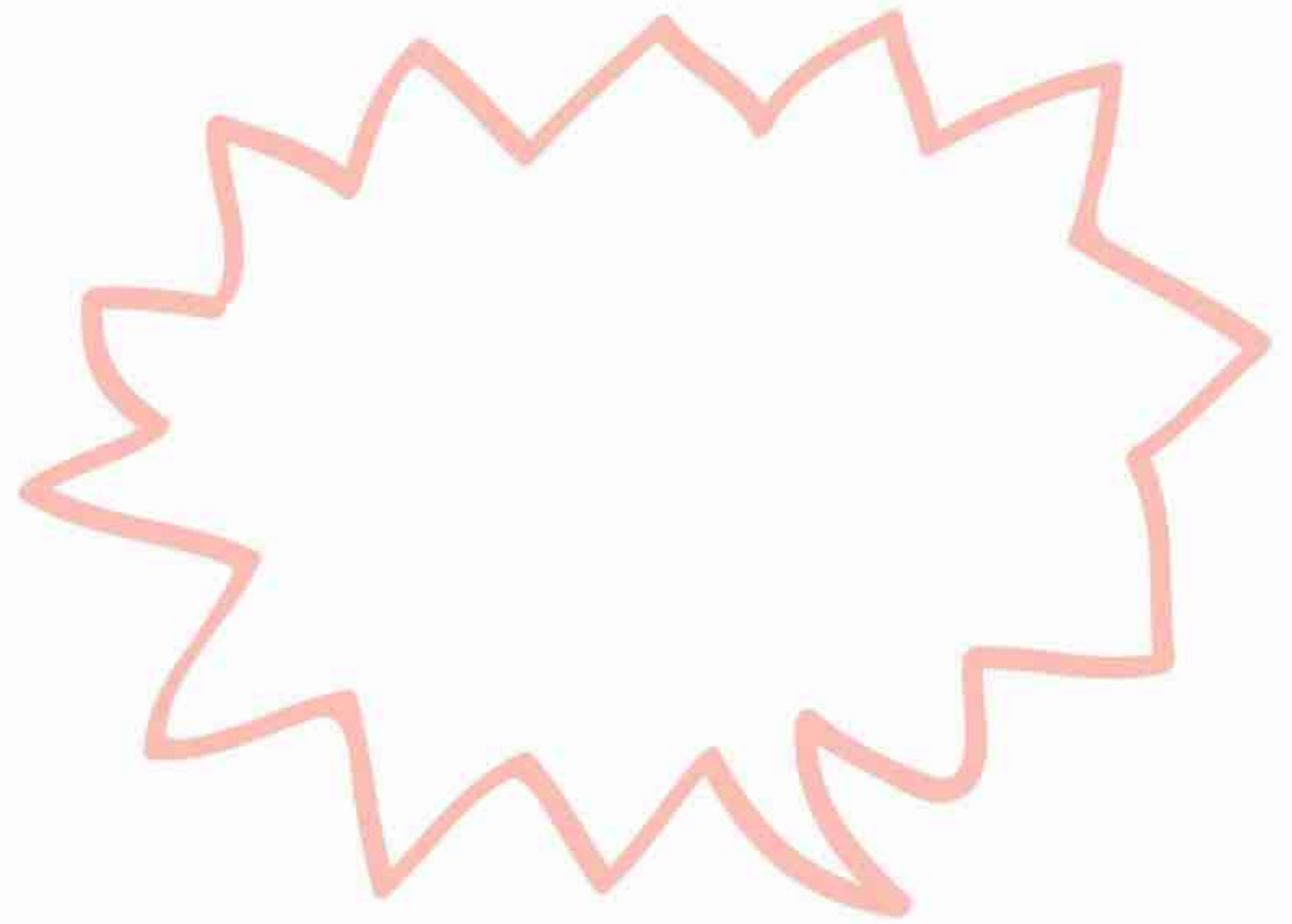
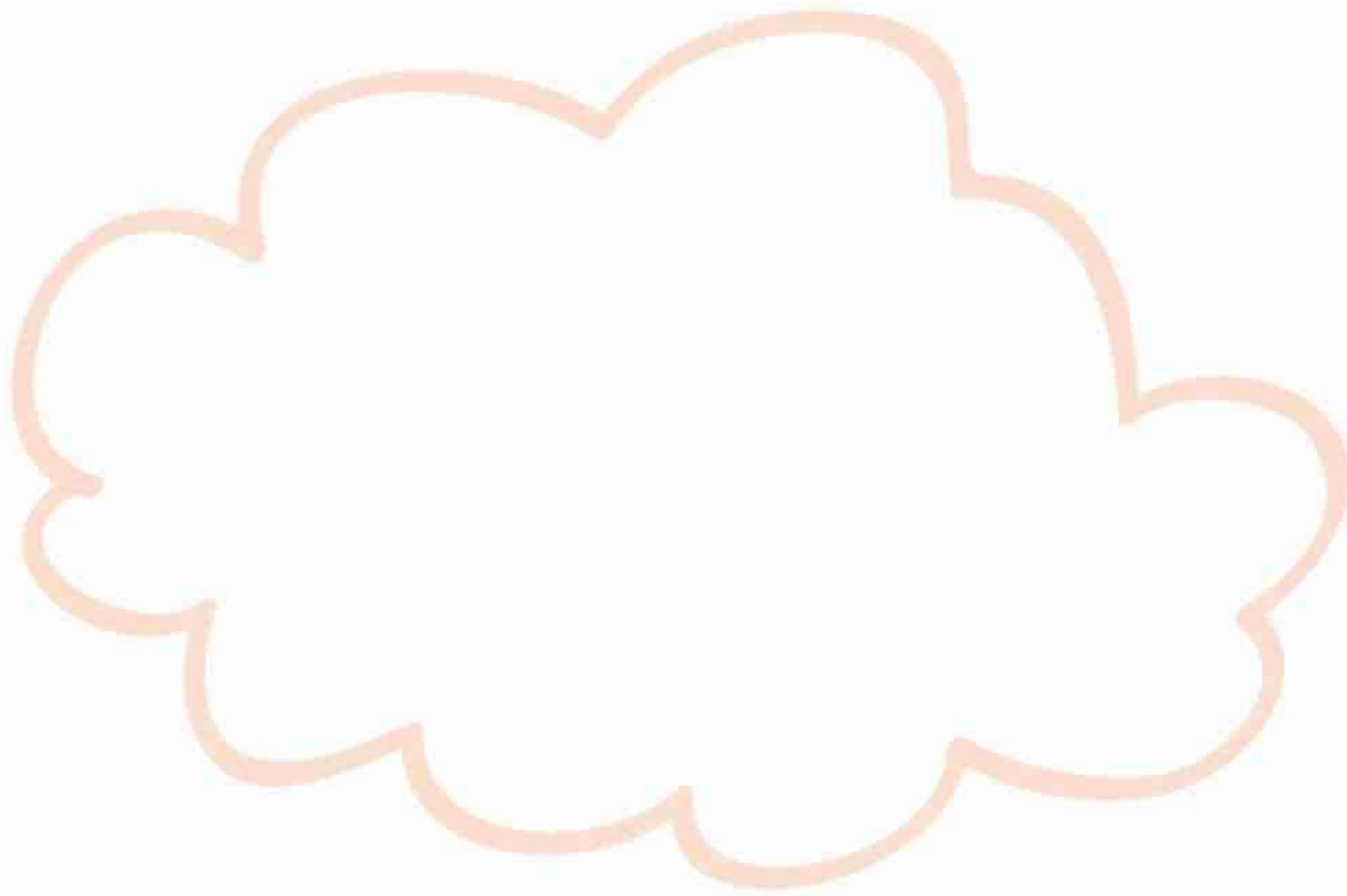
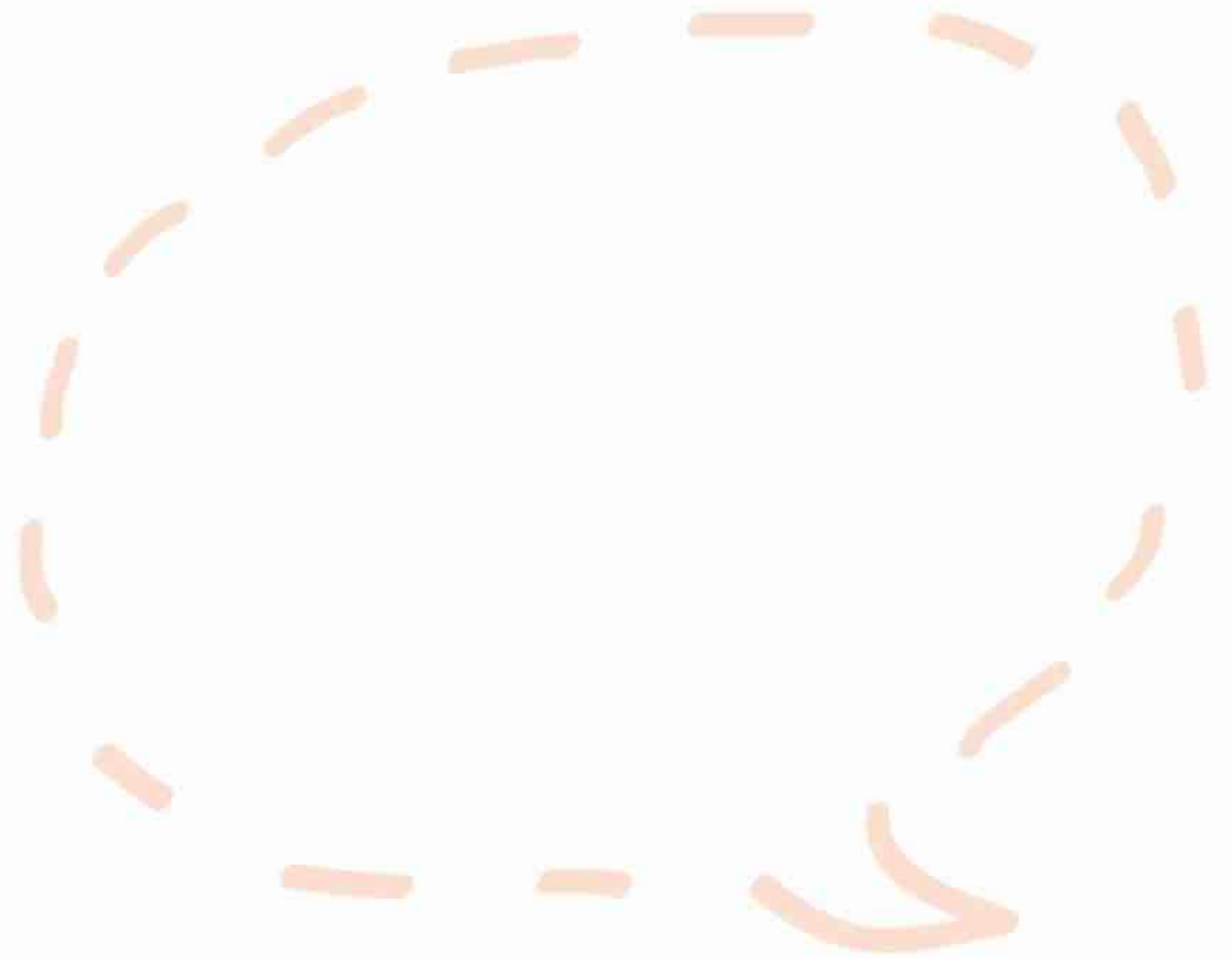


Support a charity close to your heart and make a regular contribution to it. Alternatively, you could carry out fundraising events throughout the year, such as organising a bake sale at your place of work or taking part in a sponsored event to raise money.



GET INVOLVED

Make a note of charities that you either currently support or would like to support. Why are these causes important to you?





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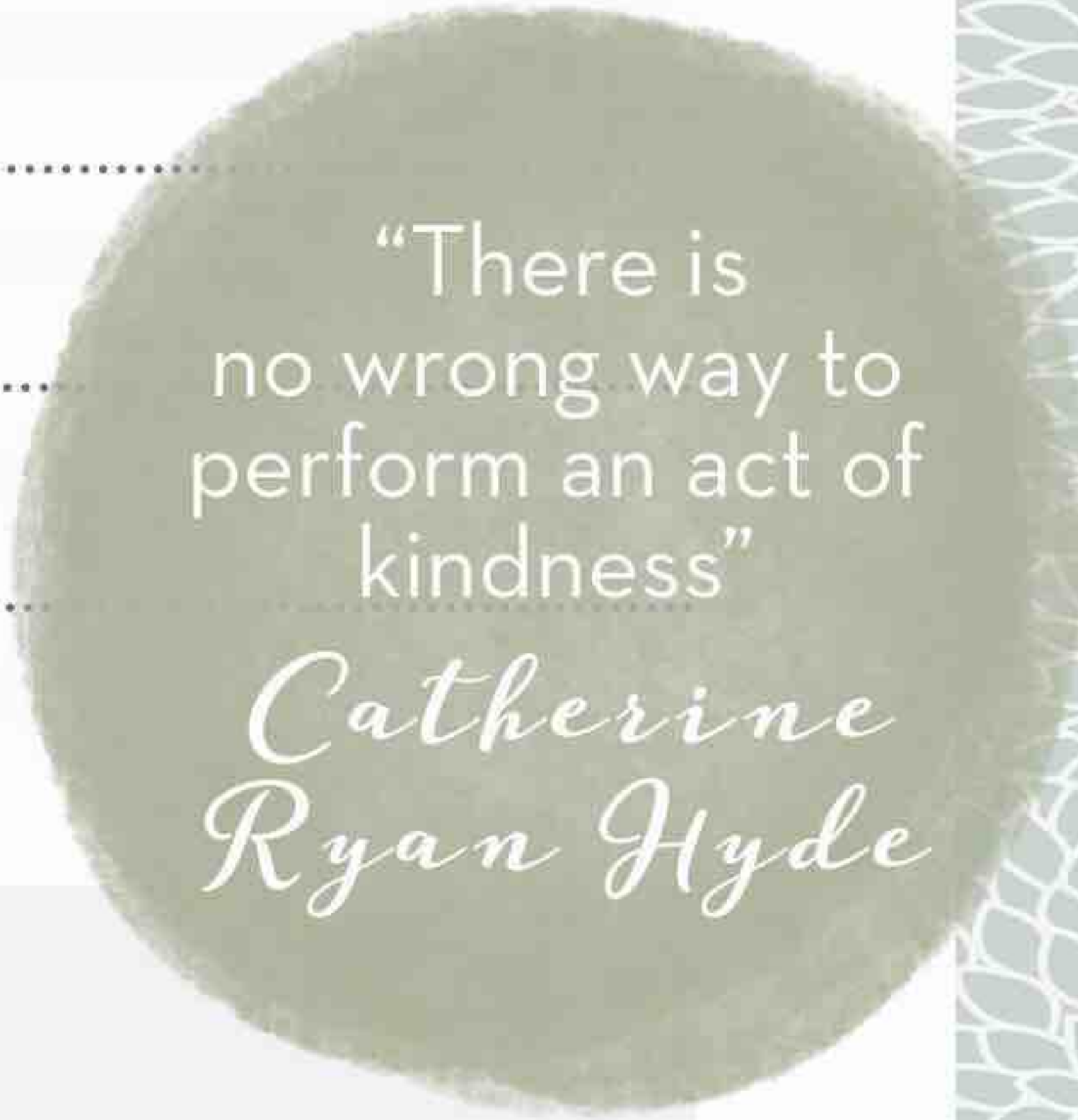
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“My religion is very simple. My religion is kindness”
Dalai Lama XIV

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WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages

Brand new content

One site



AVXLIVE **ICU**

AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>

ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Acknowledge people



When you pass someone in the street or in a shop, make a conscious effort to say good morning or hello, or even just smile if you don't feel comfortable speaking. A smile can brighten up someone's day, particularly if they live alone or have little contact with people.

Notify your neighbours



Give polite notice to your neighbours if you plan something that might cause them disruption, for example having loud building work done to your home or garden, or if you intend on having a party that you know might be a bit noisy. They'll appreciate the heads up.

Reduce your impact

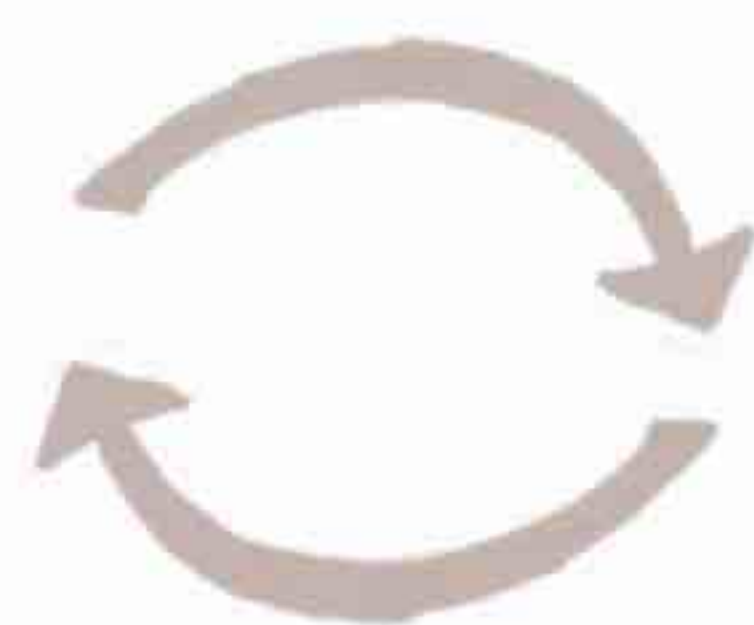


Make the words 'reduce, reuse, recycle' your life's motto. Reduce the amount of plastic you use, the number of clothes you buy and how frequently you use your car. Reuse bags, food containers and coffee cups. Recycle household items, clothes and even mobile phones.

Spread some positivity



Companies rely on online reviews, ratings and recommendations these days. Next time you're pleased with a product you bought or a meal you enjoyed in a restaurant, take some time out to leave a review. It's lovely to receive this kind of positive feedback, but you'll also be boosting the company's reputation.



POSITIVE FEEDBACK

Make a list of recent purchases you've been particularly pleased with or positive experiences you've had.
Tick them off when you've left a positive review



Purchase:

Purchase:

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“Always try to be a little kinder than is necessary”
J M Barrie

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Leave heartfelt notes



It costs nothing and takes very little time to do, but leaving notes around the house for a loved one is sure to brighten up their day. The notes can be as simple as 'I love you' or 'Have a nice day'.

Ease the load



Helping someone with their workload will be highly appreciated, especially if they're incredibly busy and/or stressed. Even if it means staying late at work, if both of you stay in the office until 7pm, it might mean that they don't have to stay in the office until 9pm.

Make your surfing count



It's perfectly possible to support good causes while you're browsing or shopping online. Check out schemes such as Amazon Smile, where Amazon donates to your chosen charity; or the Ecosia search engine that uses the ad revenue from your searches to plant trees.

Hold your tongue



It's easy to react angrily if a driver makes a mistake or we don't get the service we think we deserve from a company, but most of the time these things haven't been done deliberately, and we often take out our frustrations on the person who isn't even responsible. Try to pause before you react, take a deep breath, and stay as calm and polite as possible.





THINK AGAIN

Write about a time you have felt frustrated over the past few months and consider how you could have reacted differently

A series of horizontal lines for writing, consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated down the page.



MOMENTS OF KINDNESS

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“Never look down on anybody unless you’re helping them up”
Jesse Jackson

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“Be kind,
for everyone you
meet is fighting a
hard battle”
*Jan
Maclaren*

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Spread the joy of books



Leave books in shared common spaces where you live, either in the communal areas of your block of flats or perhaps in a box on the pavement outside your house. Place a note alongside them, so people know they're free to a good home, and maybe even encourage others to do the same.

Send more than a 'Like'



When friends or people you admire post things online, it's great to give these posts a 'Like' or to react with an emoji, but try writing a heartfelt comment on the post instead. Engaging in this way means so much more to the recipient. You could even take it a step further and send them a private message.

Lead by example

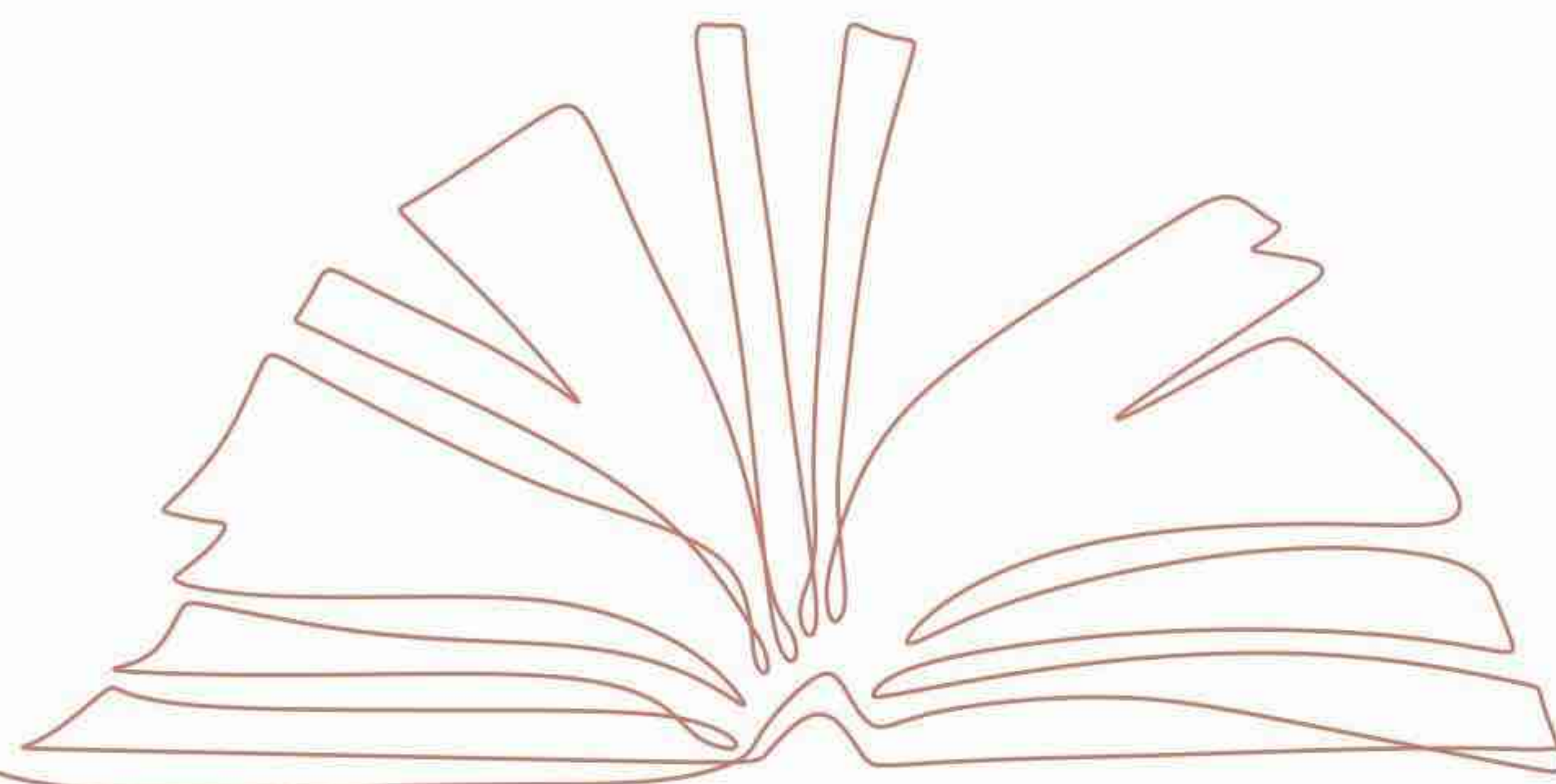



Demonstrate kindness to your children, so they will be inclined to follow suit. Share a favourite snack with them, pick up litter in their presence, let someone elderly go in front of you in the queue and explain why you did this to your child.

Praise your colleagues



We sometimes feel competitive in a work environment, or shy away from telling colleagues that we look up to them, but try sharing your appreciation for their work when you particularly like something they've done.





TO BE *kind*
IS MORE IMPORTANT
THAN TO BE RIGHT.
MANY TIMES, WHAT PEOPLE
NEED IS NOT A BRILLIANT
MIND THAT SPEAKS
BUT A *special*
HEART THAT LISTENS

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TALES OF THE JAZZ AGE



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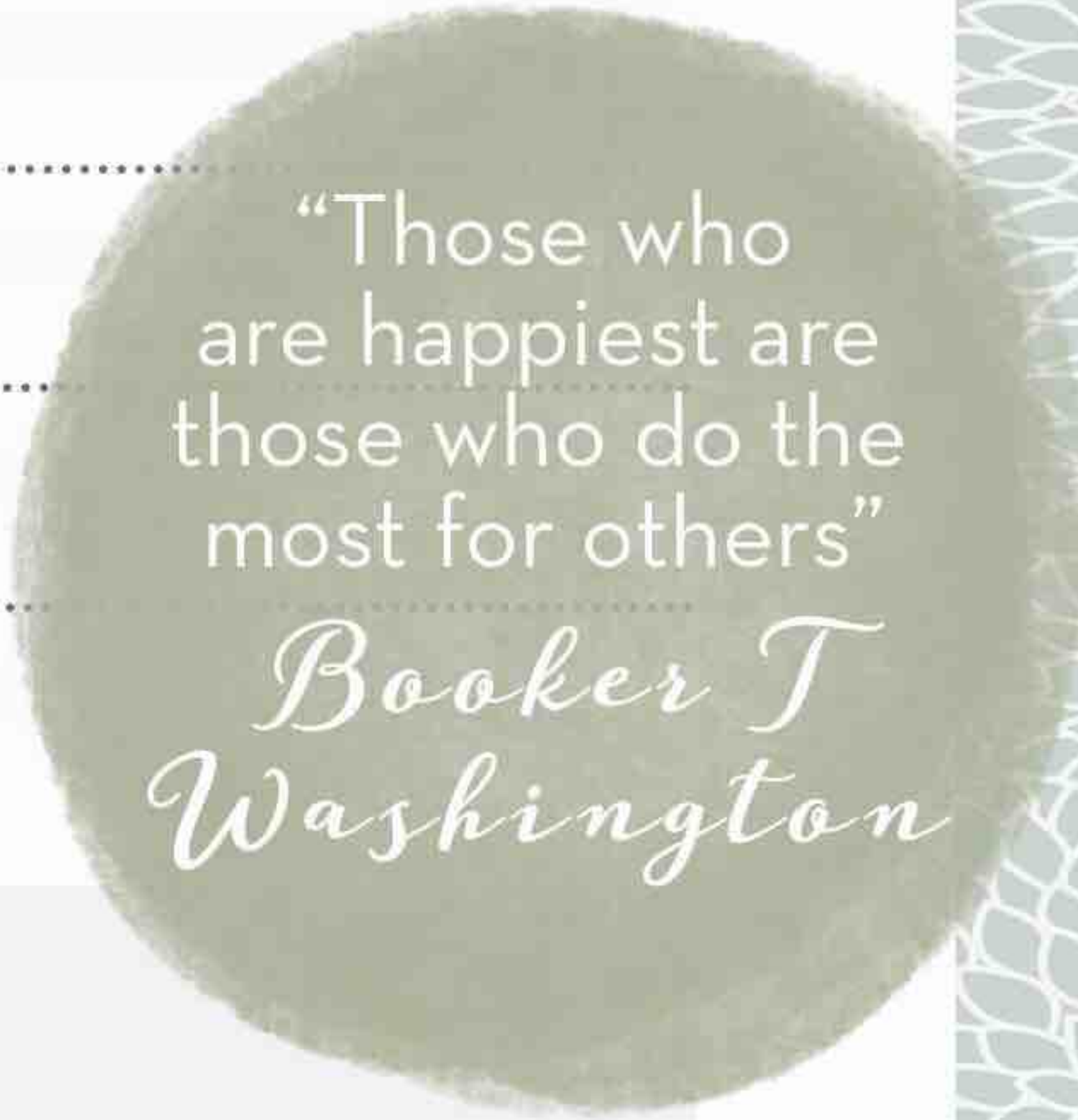
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“When people talk, listen completely. Most people never listen”
Ernest Hemingway

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ACTIVITIES AND IDEAS



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Strangers

Pass on compliments



If you hear someone praising someone else you work with, don't keep that information to yourself. If it's acceptable to do so, let the person in question know how highly others think of them.

Respect yourself



Try to recognise when someone is being manipulative or treating you in a disrespectful way. Stand up for yourself and stay true to your beliefs and values - don't let anyone undermine you or them.

Share your knowledge



We've likely all ended up on an online forum at least once in our lives, browsing threads for advice on tips for removing red-wine stains from the carpet, or which fitness watch is best for monitoring your heart rate, or how to get your child to eat vegetables... instead of always scrolling through, why not sign up and offer your knowledge and wisdom on things you've learnt along the way?

Be inclusive



Talk to a stranger at a party who looks like they don't know anyone. It can feel awkward when you attend a social event knowing very few people, especially if the people you do know are having to socialise or network. And you never know, you might end up getting along well with the person you try to include.

PUT YOURSELF IN THEIR SHOES

Think of a time you attended an event and knew very few people. How did it make you feel? How could someone have made you feel more comfortable?

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“If your compassion does not include yourself, it is incomplete”
Jack Kornfield

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“As long as you are standing, give a hand to those who have fallen”
Persian proverb

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ACTIVITIES AND IDEAS



Online



Yourself



Work



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Strangers

Give directions



When you're out and about and see someone who looks lost, stop to see if they need any assistance. Even if you're not sure where they need to be going, you might be able to point them in the right direction or help them to interpret a map.

Be a better listener



Next time you're having a catch up with a friend, or your partner tells you about their day at work, make sure you're actively listening. Stop what you're doing, put your phone away and maintain eye contact while they talk. You might not find what they're saying particularly interesting, but listening shows that you care.

Pick up litter



Take responsibility for keeping the world around you tidy, clean and litter-free by picking up not only your own rubbish but other people's too. All you need is a pair of gloves and a bag (preferably reusable), but a litter-picker will make it even easier and more hygienic. You could even organise litter-picking events at your local park or beach.

Support local businesses



Shop at local stores or dine in independent eateries, rather than buying online or eating at chain restaurants all the time. Your custom will mean a lot to the owners, and you're likely to receive a more personal experience.

Tick them off once you've visited them!

GOING LOCAL

List some local shops, restaurants or establishments that you're going to visit over the next few months. Re-visit this page to write about your experiences



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MOMENTS OF KINDNESS

What good deeds or activities have you performed or worked towards this week? How did the people involved react?

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APPRECIATING KINDNESS

When have people been kind to you this week? What did they do or say, and how did it make you feel?

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“When we give cheerfully and accept gratefully, everyone is blessed”
Maya Angelou

REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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“Brain without heart is far more dangerous than heart without brain”
Robert Ingersoll

REFLECTIONS

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Celebrate your successes



Go one step further than simply accepting you've done something well - celebrate it! Even if you don't want to shout about it from the rooftops, you can still celebrate with your nearest and dearest (courtesy of a bottle of fizz, perhaps); or even celebrate alone by treating yourself to a gift.

Offer your seat

If you see someone elderly, vulnerable or simply struggling with bags of shopping or a pushchair, offer them your seat on the bus. It will likely be easier for you to stand than it would for them.



Neighbourhood watch



Keep an eye on the vulnerable members of your community. Check in on elderly neighbours and ask if they need help with anything - a spot of shopping, changing a light bulb, rearranging some furniture, tidying the garden - and look out for people taking advantage of others around you.

Encourage wildlife

There are so many ways to transform your outdoor space to encourage wildlife to thrive. Plant butterfly-friendly and bee-friendly plants; create a compost heap to not only combat kitchen waste but also encourage minibeasts that in turn act as food sources for other creatures; deposit bird feeders around the garden; create shelters for animals to hibernate in or under... the ideas are endless!



GO WILD

Think about what you can do to transform your garden, balcony or window box into a wildlife haven. No matter how big or small your space, you'll be able to do something

Handwriting practice lines consisting of 20 rows of dotted lines on a light background.





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“Your gentleness shall force more than your force move us to gentleness”
Shakespeare

REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Treat someone



Take care of the bill next time you go for a coffee with a friend; pay for their cinema ticket; or treat them to a takeaway one evening. While money isn't the be-all and end-all, doing something like this is still a way of showing kindness. Just make sure you can afford to do it - and don't do it because you expect the act of kindness to be returned!

Save money for others



Forward discount codes you stumble across online or money-off coupons that you find in your inbox. You're bound to have friends or relatives who would appreciate certain promotions, perhaps even more so than you would, so share the love.

Volunteer



If you have spare time, why not volunteer to help at a local charity shop, hospital or school? Perhaps you have a special skill or talent that you can utilise, such as painting and decorating, or being able to sing or crochet.

Give yourself credit



Imposter syndrome is so demoralising. When you do something well, don't pass it off as a fluke. If someone compliments you on something you've achieved, don't tell them how 'lucky' you are. Try to shake off that feeling that you're 'winging it' or you're a fraud, but rather start believing that you are good at what you do and deserve to be where you are.

LEND A HELPING HAND

How could you help out in your local community? What skills could you put to good use? How much time could you spare?

A series of horizontal dotted lines for writing, with a light gray shaded area between each pair of lines.



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“The most worthwhile thing is to try to put happiness into the lives of others”
Robert Baden-Powell

REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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“You cannot do a kindness too soon, for you never know how soon it will be too late”
Ralph Waldo Emerson

REFLECTIONS

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world

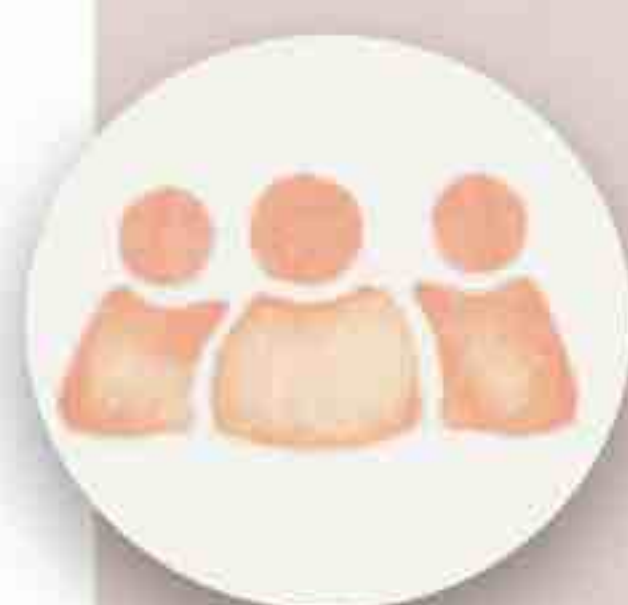


Community



Strangers

Donate a parking ticket



If you finish your shopping early, or simply just paid for more time in the car park than you turned out to need, give someone your parking ticket as you leave the car park. It will go to waste if you don't!

Make food or a drink



If you notice that one of your co-workers is up against it and too busy to even realise they haven't eaten lunch, grab a sandwich for them while you're getting your own food, or offer to make them a hot drink.

Stand up to the bullies



Cyber bullying affects people of all ages and from all backgrounds - don't assume someone won't be impacted by comments and trolling just because they appear confident and happy. You don't need to engage with the bullies to stand up to bullying - your role could be as simple as responding to the victim in a supportive way. Counteract the bully's comment by posting something positive.

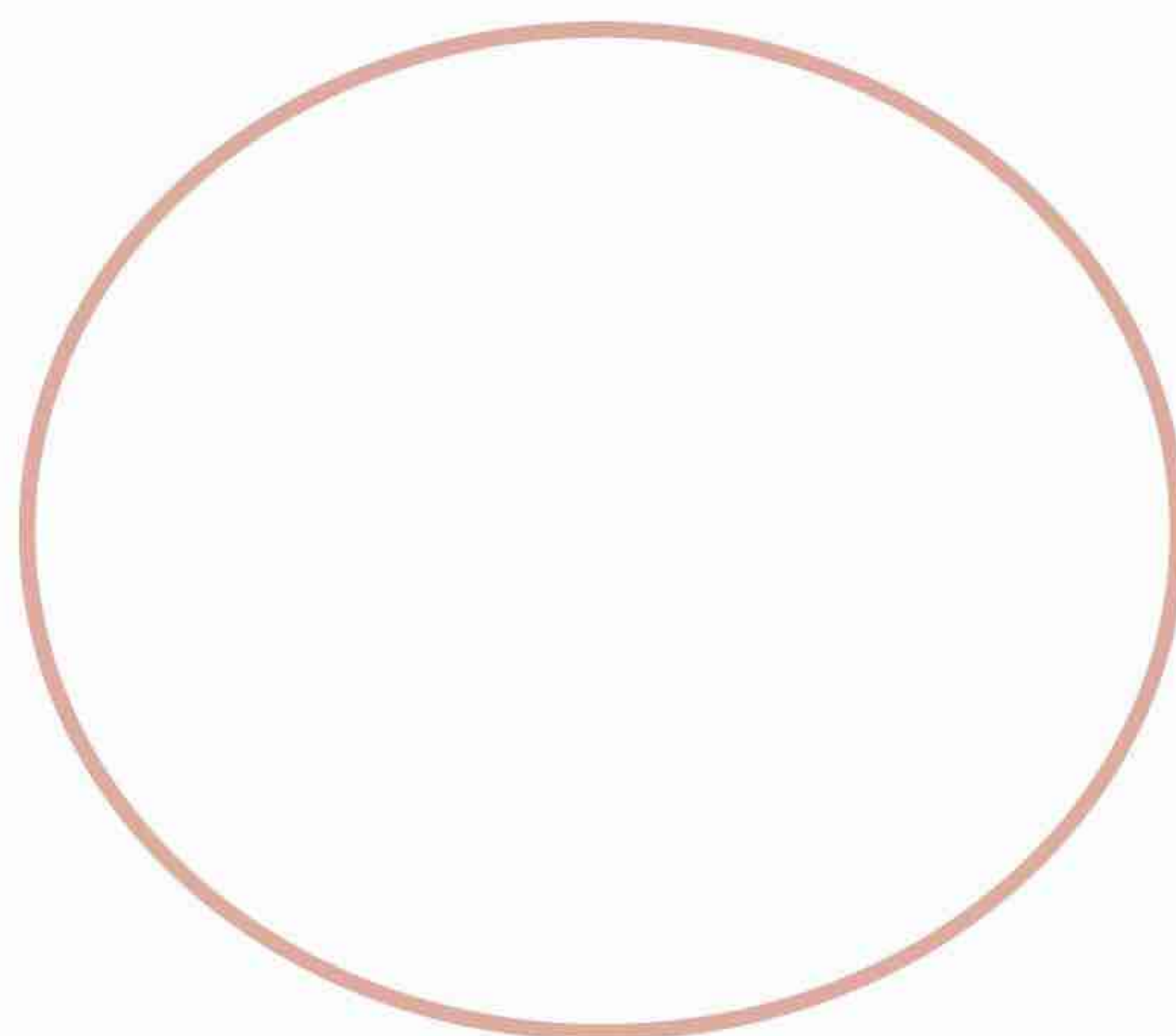
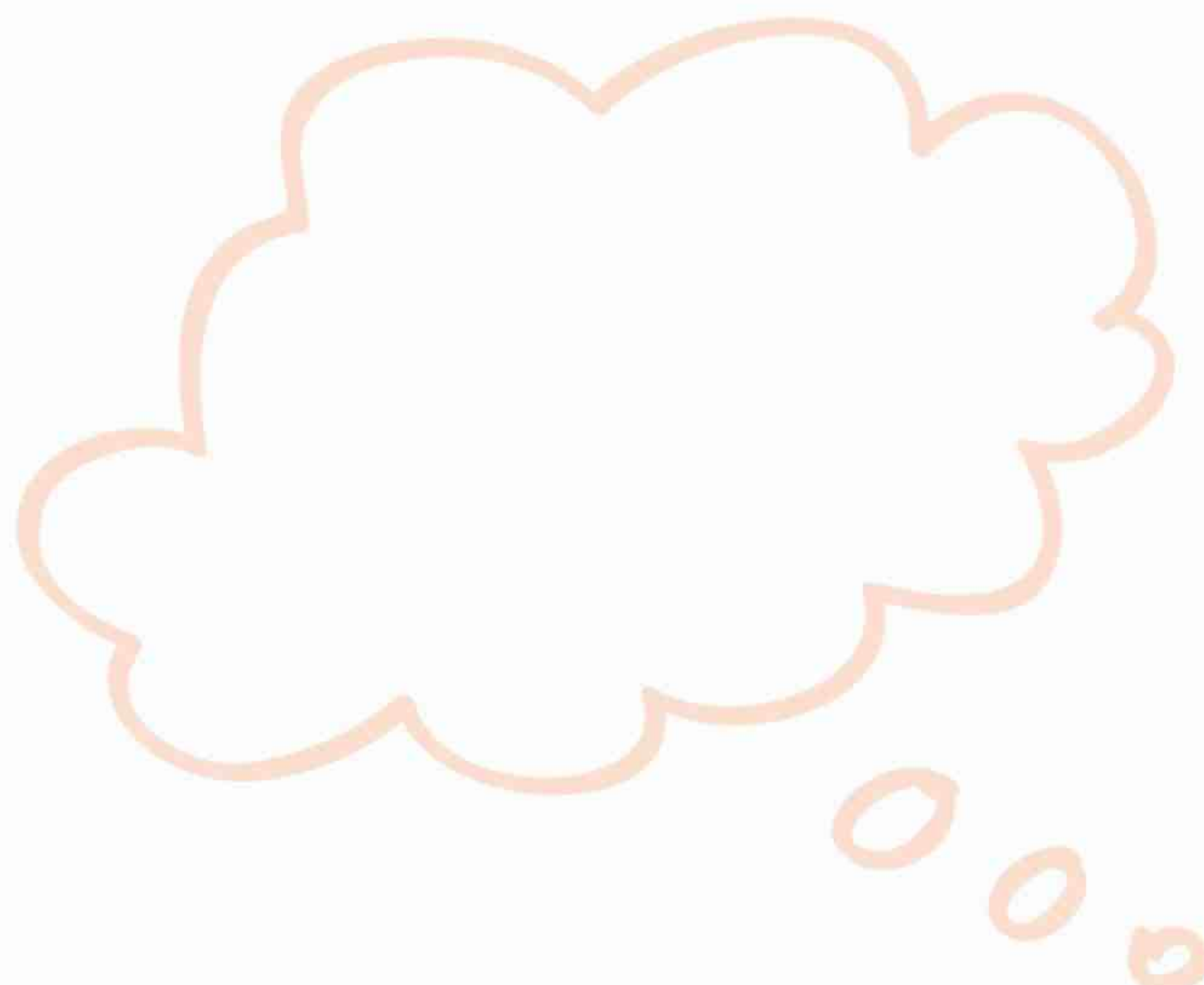
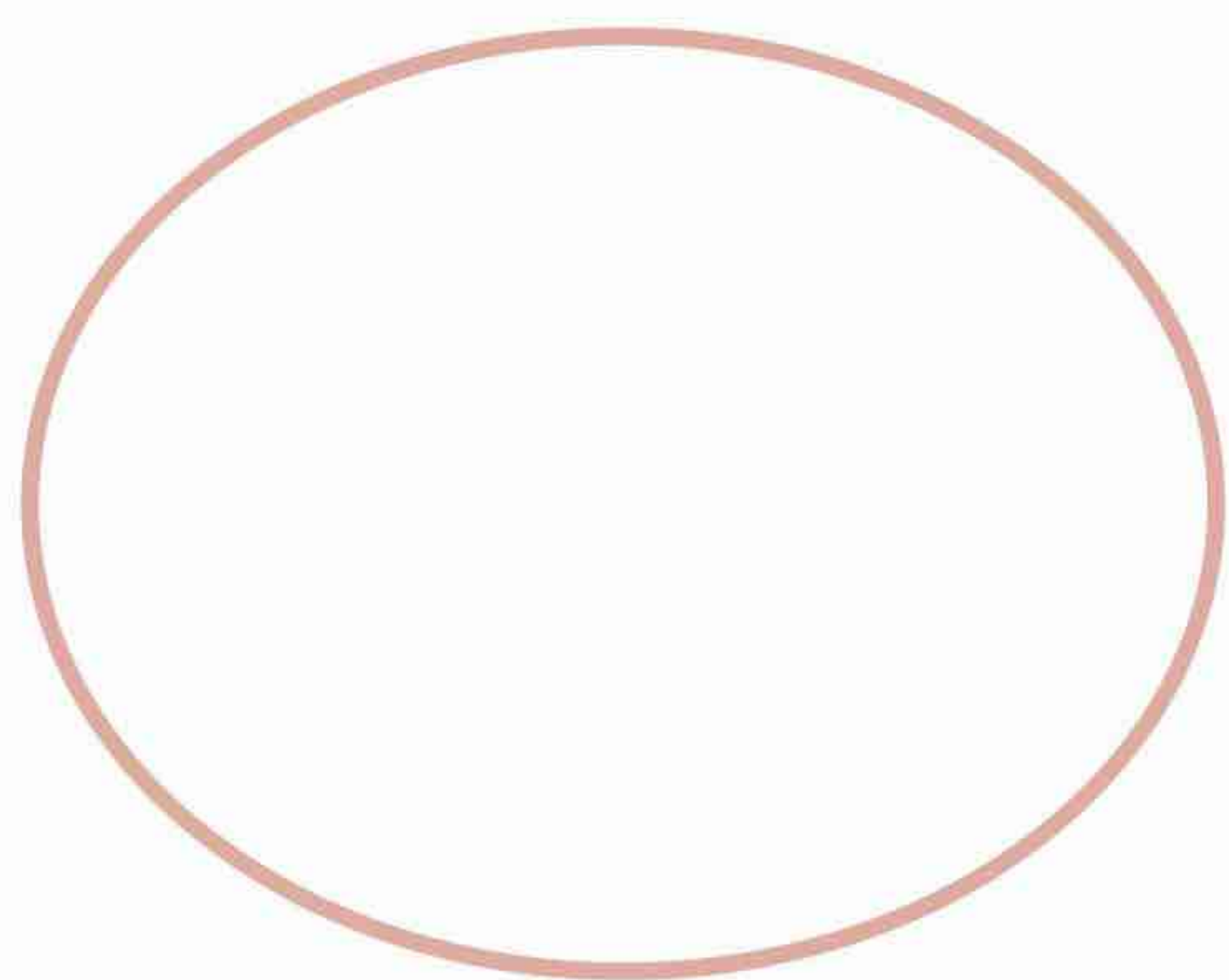
Reassess your self-talk



Stop being so hard on yourself, and work on lifting yourself up rather than shooting yourself down. Talk to yourself like you would your best friend. Tell your reflection how fabulous it looks in that new outfit; praise yourself when something goes well at work; and don't beat yourself up for having an extra biscuit with your morning cuppa.

BE YOUR OWN BEST FRIEND

What have you done this week that you're proud of? Remember to celebrate the small achievements as well as the more significant ones





MOMENTS OF KINDNESS

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“It never hurts to think too highly of a person; often they become ennobled and act better because of it”
Nelson Mandela

REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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“Practise kindness all day to everybody and you will realise you’re already in heaven now”

Jack Kerouac

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Thank people



Leave a card or gift for your mail carrier to show your appreciation for them delivering your mail every day, come rain or shine. Don't wait until Christmas, either - do it on a random day of the year!

Check someone's okay



If you know someone is having a hard time or going through a difficult patch, it's easy to feel helpless, but a simple text message asking how they are or even just telling them that you're thinking about them can make more of a difference than you might realise.

Adopt an animal



From a Sumatran orangutan to an African rhino and everything in between, by adopting an animal you'll contribute to important conservation work to help protect the species and keep population levels high. You could even gift an adoption to a friend or relative for a double act of kindness!

Speak to the manager



Whether you receive an excellent service from a utility provider over the telephone or you're treated exceptionally well in a clothing store, tell the person's manager how impressed you are with them. We don't hesitate to complain about a poor service, but rarely ask to 'speak to the manager' to praise employees.



NOTICE POSITIVE EXPERIENCES

Write down some examples of when you've been treated particularly well by strangers in a professional capacity. This should prompt you to recognise experiences in the future and hopefully acknowledge them!

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“No one cares how much you know, until they know how much you care”
Theodore Roosevelt

REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Gift your memories



We take hundreds, if not thousands, of photos on our phones, and they rarely ever get printed these days. Curate an album online and get it printed as a photo book, then give it as a gift to a loved one. There are so many gift options available - why not place special photos onto keyrings or mugs?

Treat someone to a snack

Tape some loose coins to a vending machine so the next person who comes along gets a free treat! You could leave a note with it, explaining that it's a random act of kindness, to avoid any confusion; or leave the coins there with no note, to add an air of mystery!



Talk about it



Confide in a friend or relative about a problem you have. Maybe you don't even have a problem, but you're feeling low or overwhelmed. Sometimes just talking to someone can make you feel better, help you to see things differently, or even find a solution. Choose who you talk to carefully and make sure they are someone you can confide in with confidence.

Challenge views

When someone has questionable opinions on matters such as race, sexuality, equality and so on, challenge them. You don't have to confront them in an intimidating or argumentative way; stay calm and construct a response that will make them think twice about their views. It's not enough to simply not share discriminatory opinions - it's essential that we act against them.



INSPIRE CHANGE

Write about a time you've challenged someone about their beliefs. What was the outcome?

Lined writing area with horizontal dotted lines and shaded writing bands.



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“Be kind to people whether they deserve your kindness or not”

James Fadiman

REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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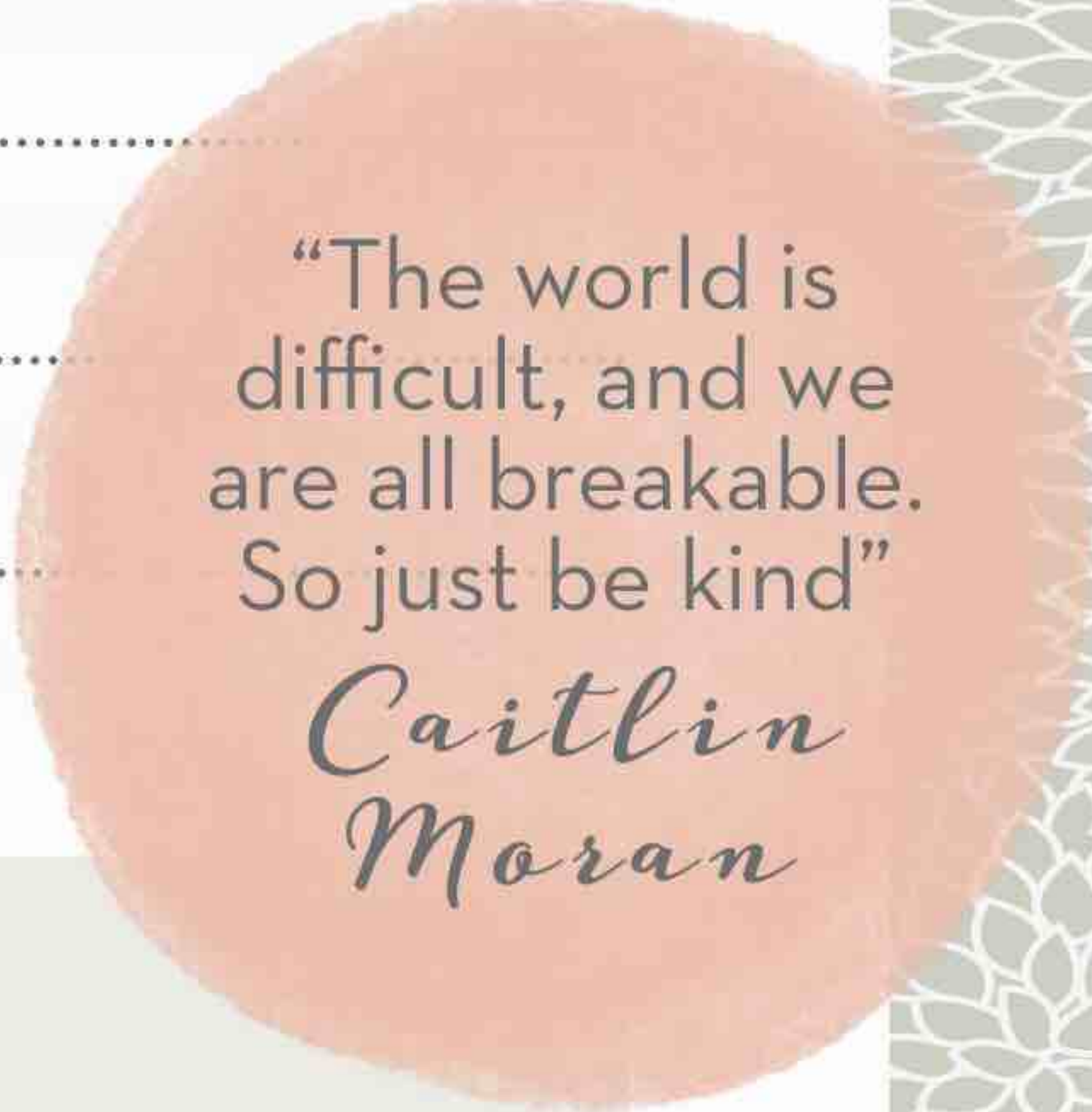
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“The world is difficult, and we are all breakable. So just be kind”
Caitlin Moran

REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Tell the truth



Sometimes telling the truth is difficult and awkward, but it's often the kindest thing you can do. You just have to choose your language carefully. Tell your friend if an outfit doesn't suit them; tell your partner that their presentation needs to be more engaging... it's tough, but they'll be grateful.

Make life less stressful

If someone appears to be in a hurry, try to make life easier for them, whether that's by letting them go in front of you in a queue, holding a door open for them, or even asking if there's anything you can do to help such as pack a bag of shopping for them at the checkout.



Donate your birthday

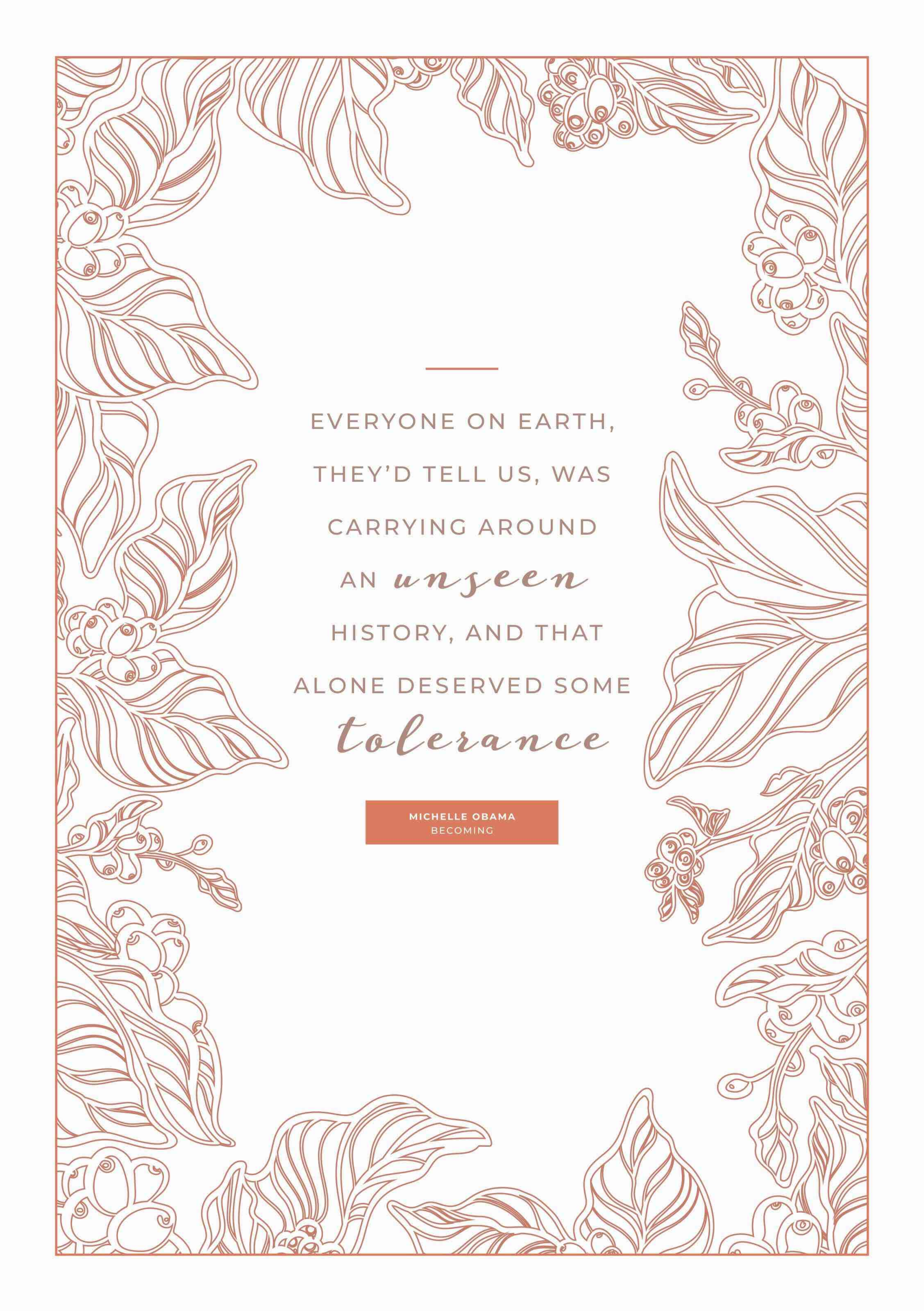


It's becoming more and more common for people to post online that they don't want birthday cards or presents, but instead would like people to donate to a given charity. Find a charity that means something to you, and let people know about it. Asking for a donation around the time of your birthday will encourage people to donate.

Show an interest

At work, we spend a lot of time with the same people, and it's easy to just 'talk shop', but try to make the effort to find out something new about a colleague. You might surprise yourself with what you discover. Maybe you'll find out that someone is in need of a friend, or that you actually have more in common with one particular co-worker than you realised.





EVERYONE ON EARTH,
THEY'D TELL US, WAS
CARRYING AROUND
AN *unseen*
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ALONE DESERVED SOME
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MICHELLE OBAMA
BECOMING



MOMENTS OF KINDNESS

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“It is the small everyday deeds of ordinary folk that keep the darkness at bay”
J R R Tolkein

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Support important causes



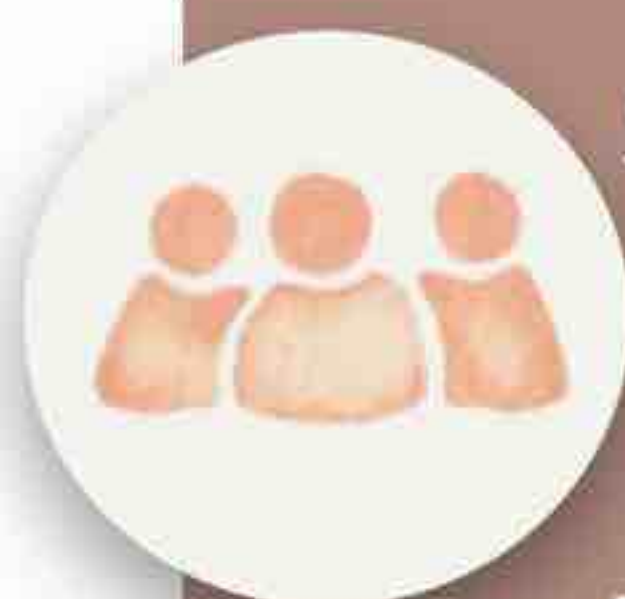
Sign petitions to support causes you believe in. You might think that your individual voice won't be heard or a problem is too great for you to make a difference, but imagine if everyone felt like that and did nothing. Signing a petition is quick and simple, and costs nothing. It requires very little effort but has the potential to make a huge difference.

Bring people together



If you're unable to meet up with loved ones, or you no longer work in a shared office with colleagues, try organising virtual quiz evenings or tea breaks to bring people together. Assigning an activity to these virtual meetups provides a focus and eliminates awkwardness!

Be a photographer



Selfies are clearly an art form in their own right these days, but sometimes all you really want is a nice picture of yourself in front of a stunning backdrop or an iconic landmark. Offer to take a photo of someone on their phone or camera, especially if they appear to be struggling to take a selfie!

Stop comparing yourself



Comparing yourself to others is unhealthy and quite frankly pointless. Just because people appear to have (or make you think they have) the perfect life, it doesn't mean this is the reality. And what even is 'perfect'? Practising gratitude can help to break this habit, as you start to acknowledge the positives in your own life. Be kind to yourself and accept who you are and what's great about you.

PRACTISE GRATITUDE

Use the spaces below to write down six things you're grateful for.
Come back to this page whenever you're feeling low to remind
yourself of the good things you have in your life

I am grateful for...

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MOMENTS OF KINDNESS

What good deeds or activities have you performed or worked towards this week? How did the people involved react?

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APPRECIATING KINDNESS

When have people been kind to you this week? What did they do or say, and how did it make you feel?

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REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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“The best advice I can give people is to be a little kinder to each other”

Aldous Huxley

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Support your loved ones



Your friend gets a book published - buy a copy. Your sister is a hairdresser - pay for a trim or buy her a gift in return. Don't expect freebies just because you're close to people. They're trying to earn a living and will appreciate your support.

Eat less meat

Make a conscious effort to have more meat-free days. Whatever your beliefs, there's no denying that consuming less meat is better for your health. With meat-heavy diets leading to obesity, cancer and heart disease, shifting to a more plant-based diet will certainly improve your health. However, it will also make a huge difference to the environment, helping to combat climate change, pollution and lots more environmental problems.



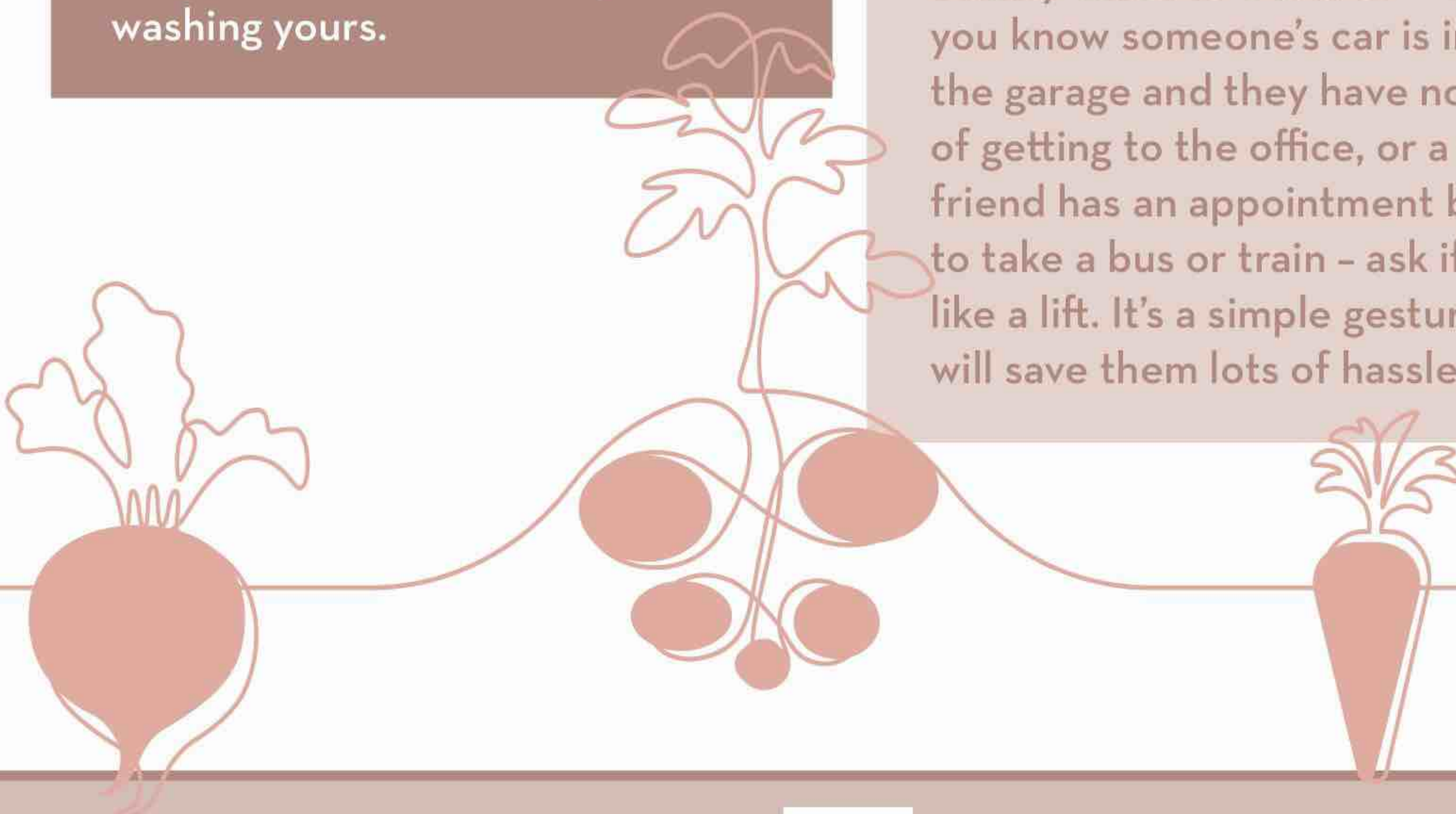
Good neighbours



Start carrying out small gestures for your neighbours, from taking their bin in and out on 'bin day' to offering a parking space on your driveway when you're away. You could offer to cut their hedge after doing your own, or wash their car as you're washing yours.


Offer someone a lift

Perhaps it's pouring down with rain and a colleague usually walks to work, or you know someone's car is in the garage and they have no way of getting to the office, or a work friend has an appointment but has to take a bus or train - ask if they'd like a lift. It's a simple gesture that will save them lots of hassle.

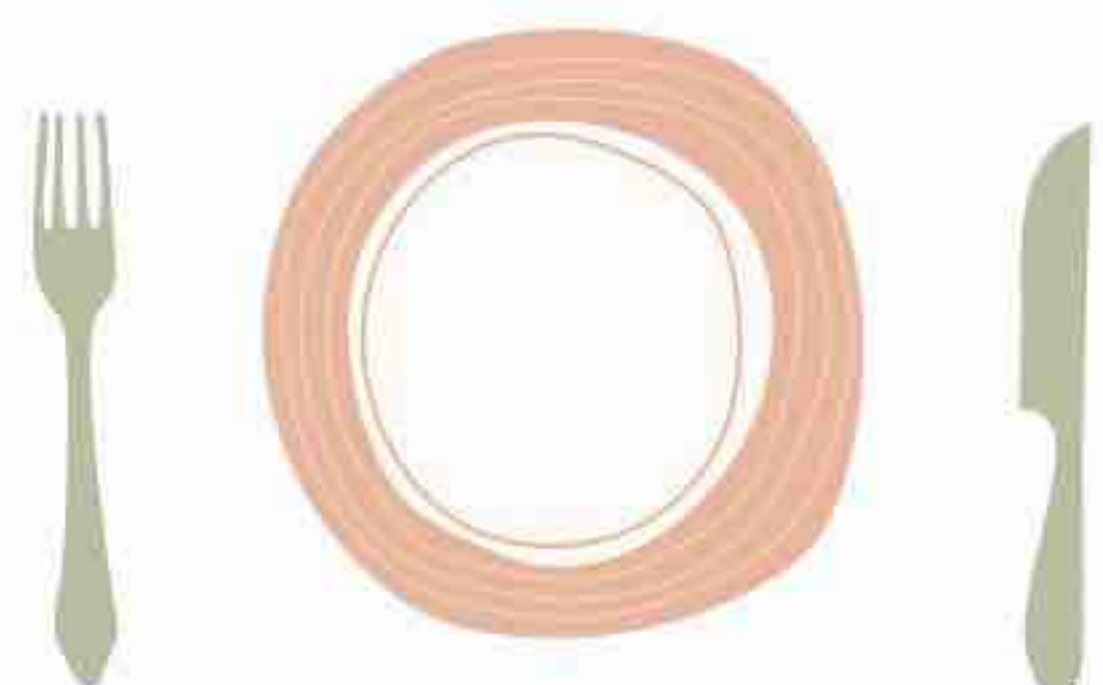


MEAT SWAP


Make a list of some meat-free dishes you'd like to incorporate into your diet. If you're already vegetarian or vegan, you could note down some new dishes or cuisines to try



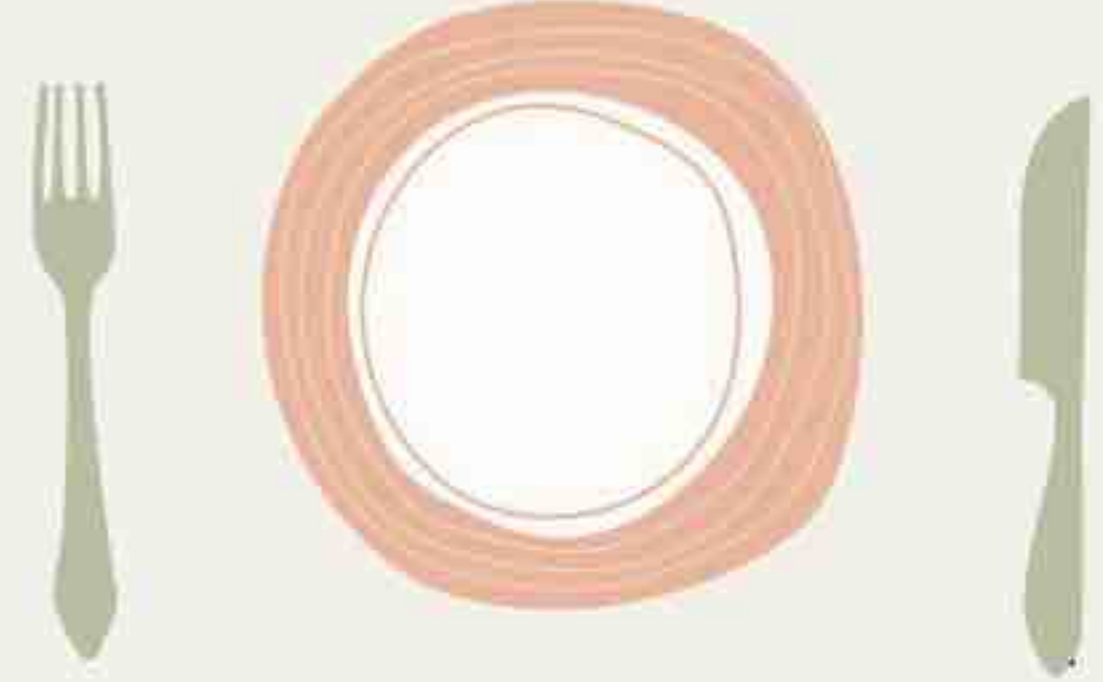
A set of writing lines on a light green background. At the top, there is an illustration of a green fork, a white plate with an orange border, and a green knife. Below the illustration are ten horizontal lines, each starting with a red dot on the left and ending with a red dot on the right.



A set of writing lines on a white background. At the top, there is an illustration of a green fork, a white plate with an orange border, and a green knife. Below the illustration are ten horizontal lines, each starting with a red dot on the left and ending with a red dot on the right.



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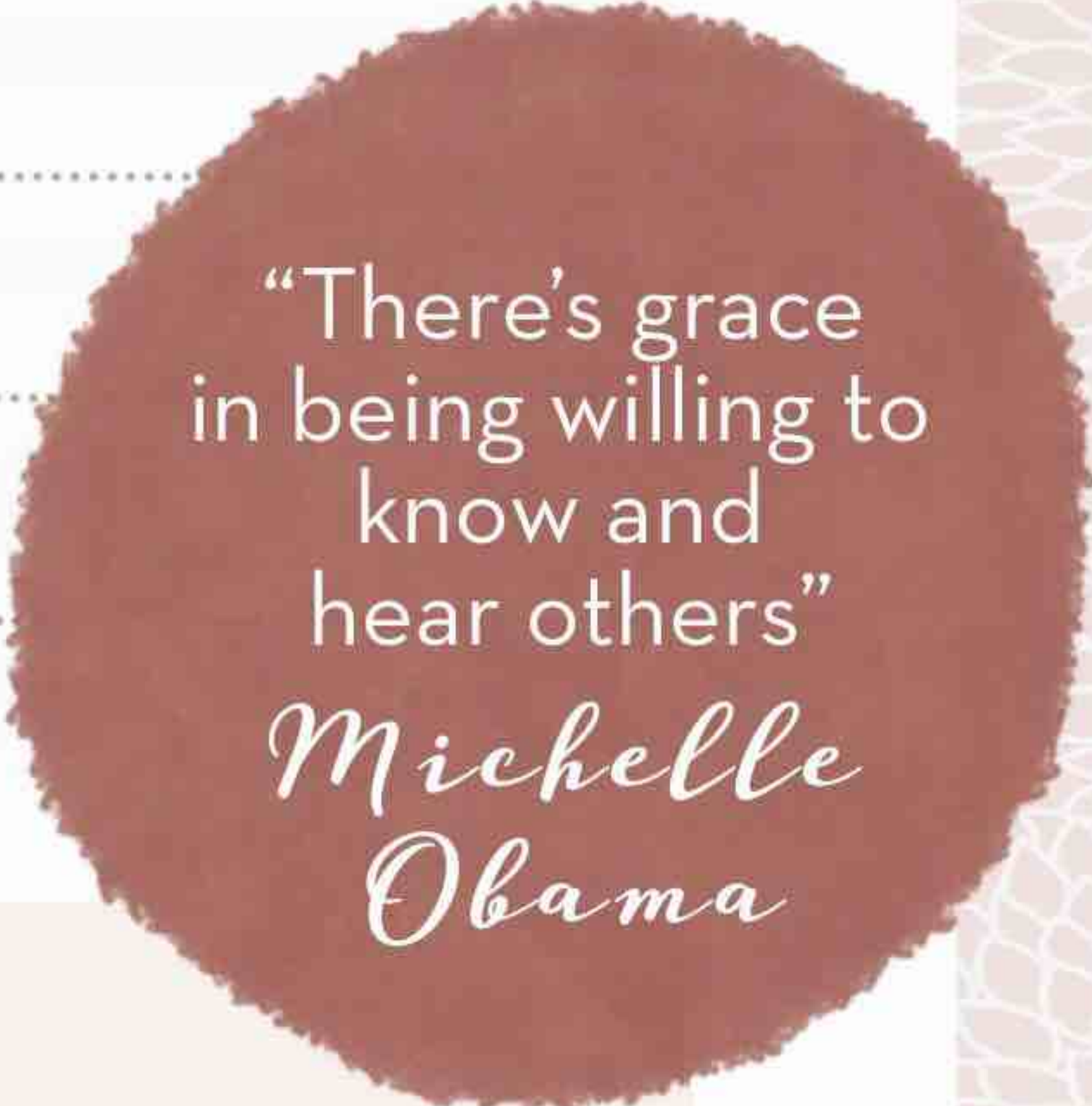
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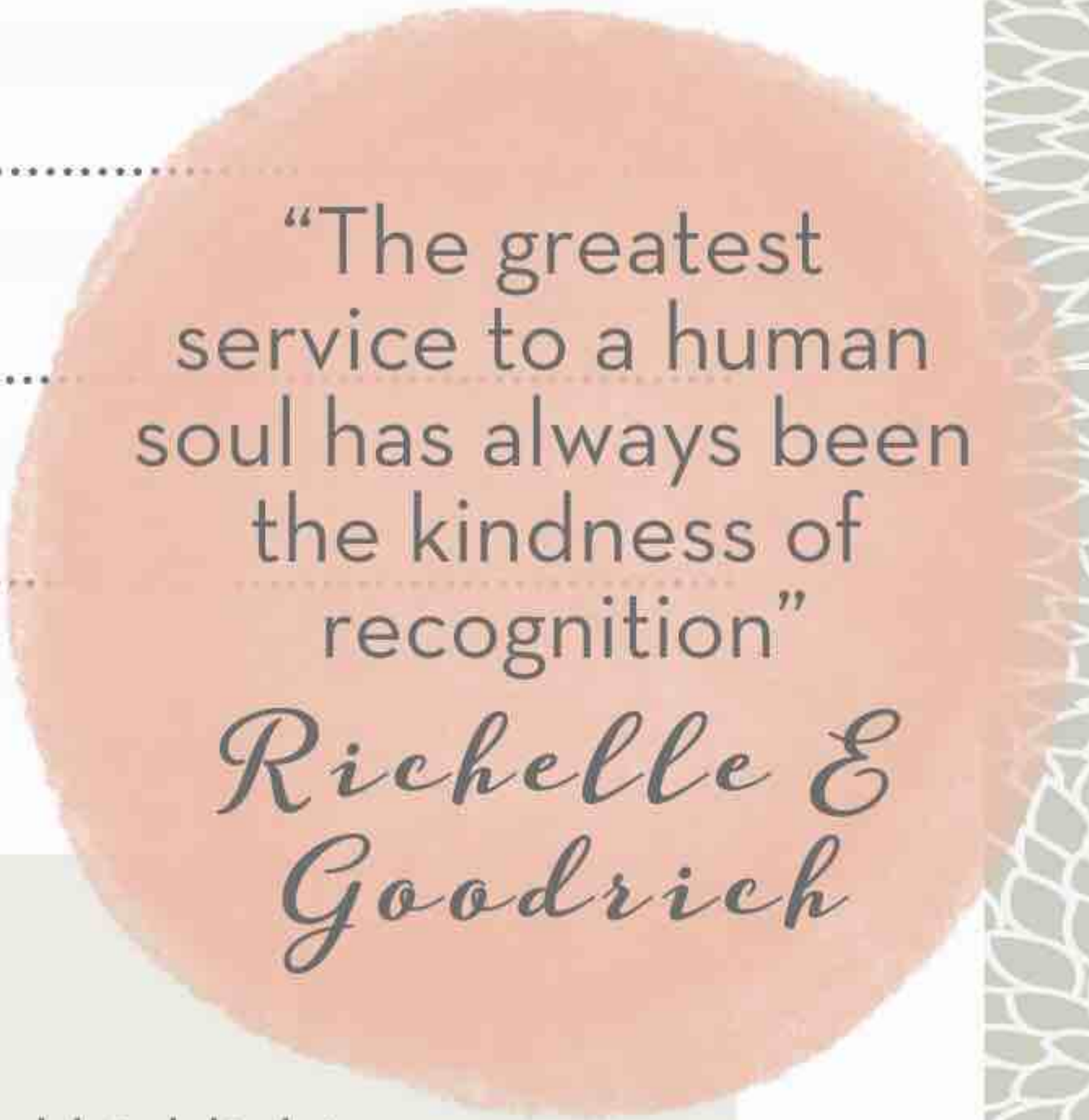
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ACTIVITIES AND IDEAS



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Strangers

Think before you Tweet



It's far too easy to hide behind our screens and react hastily to posts we read on social-media sites, such as Twitter and Facebook. It's never wise to react to anything when you're feeling angry, so take some time out and ask yourself if you'd respond in the same way in a face-to-face situation.

Listen to your body



Your alarm goes off at 5am ready for the gym... we probably never *really* feel energised and motivated for a gym session at 5am, but nine times out of ten we work through this feeling and feel great afterwards. Recognise the difference between this feeling and when your body is truly not up to it. Listen to your body. If you've had a tough week and could do with the extra hour in bed, that's fine. Get back on it the following day.

Offer to walk a dog

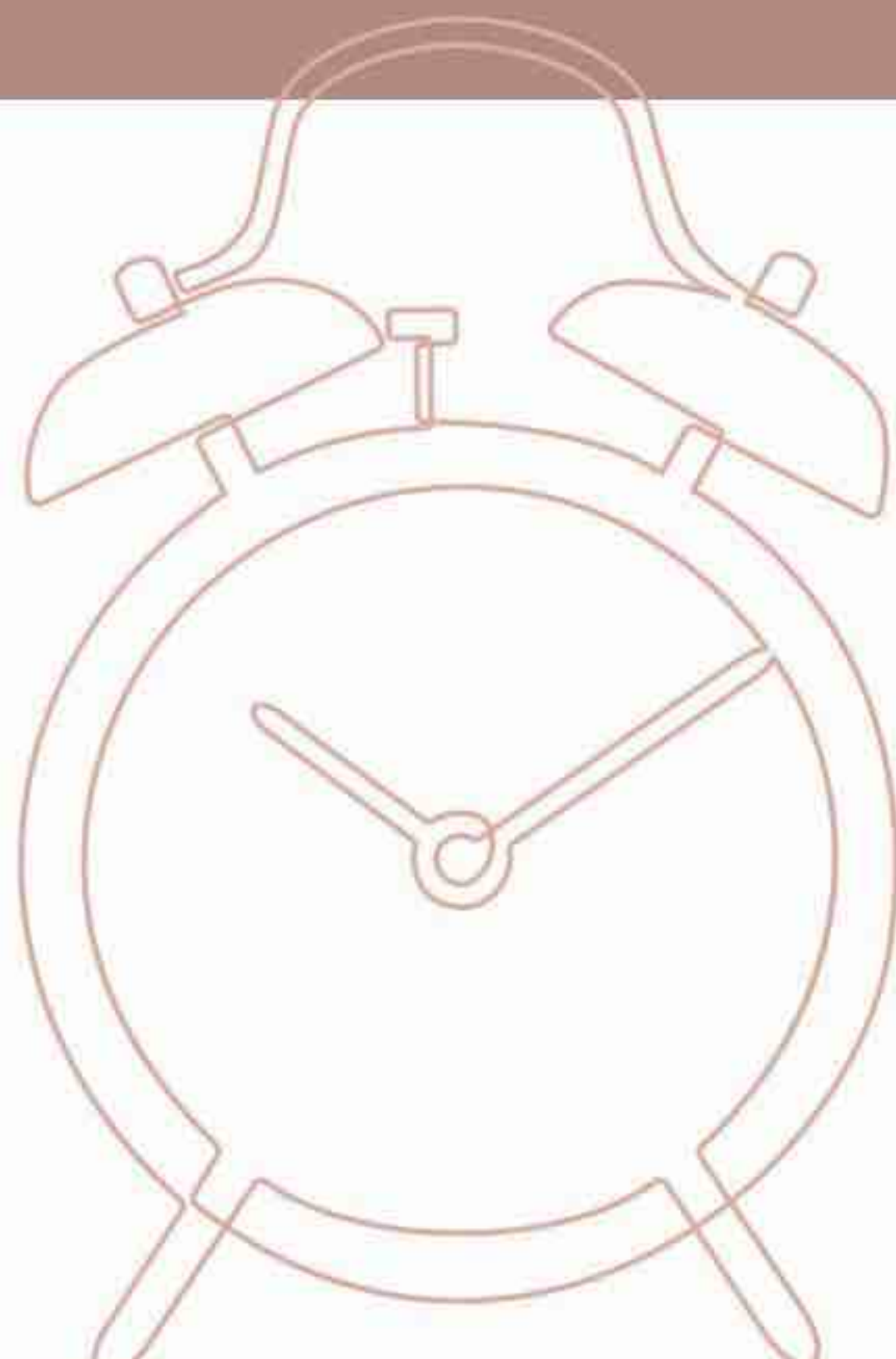


Whether it's for a busy neighbour or an elderly member of your community, offer to walk someone's dog once in a while. It doesn't even have to be a regular thing - just let them know they can call on you in times of need.

Fall in love again



Make a list of everything that made you fall in love with your partner, and then send it to them. We're all probably guilty of taking our loved ones for granted from time to time. Reminding them (and even yourself!) of what attracted you to them in the first place is a lovely way to put a smile on both your faces.



“LET ME COUNT THE WAYS”

Make a list of everything that made you fall in love with your partner

I love the way you...

Form with a pink background, two brown hearts in the corners, and three horizontal dotted lines for writing.

Form with a light orange background, two green hearts in the corners, and three horizontal dotted lines for writing.

Form with a light orange background, two green hearts in the corners, and three horizontal dotted lines for writing.

Form with a pink background, two brown hearts in the corners, and three horizontal dotted lines for writing.

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Form with a light orange background, two green hearts in the corners, and three horizontal dotted lines for writing.



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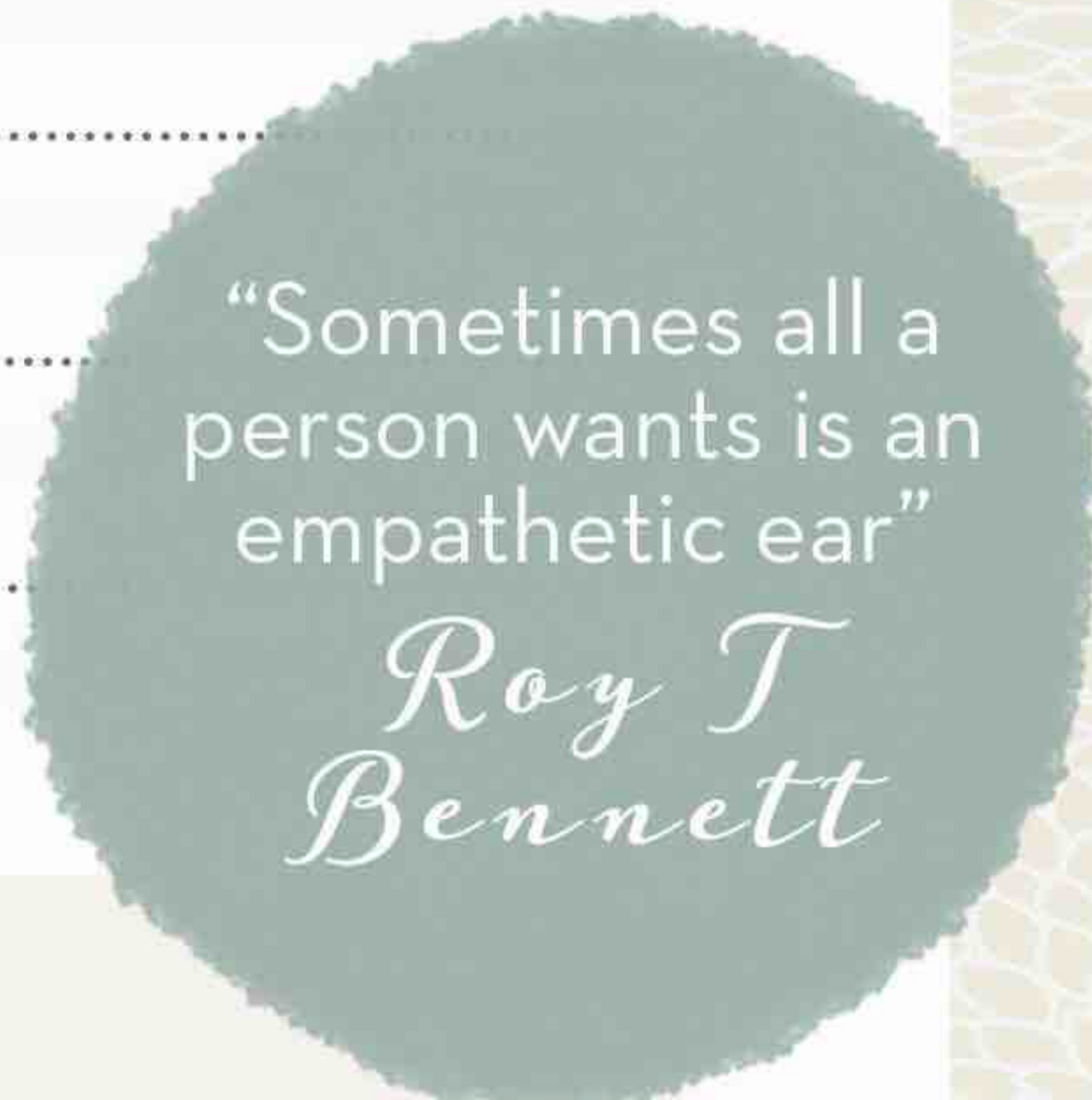
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“Sometimes one act of kindness is all it takes to give you hope again”
Randa Abdel-Fattah

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ACTIVITIES AND IDEAS



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Pollution and congestion



Think about whether you really need to use the car as much as you currently do. If possible, walk or cycle to your destination, and make this a regular habit. If using your two feet or two wheels really isn't possible, try to take public transport or consider car sharing.

Realise someone's dreams



If someone you know has an ambition, you can help them to achieve it just by believing in them and offering words of encouragement. Spend significant time with them and help them to plan how they're going to reach their goal. Even just bouncing ideas off each other can help.

Make time for you

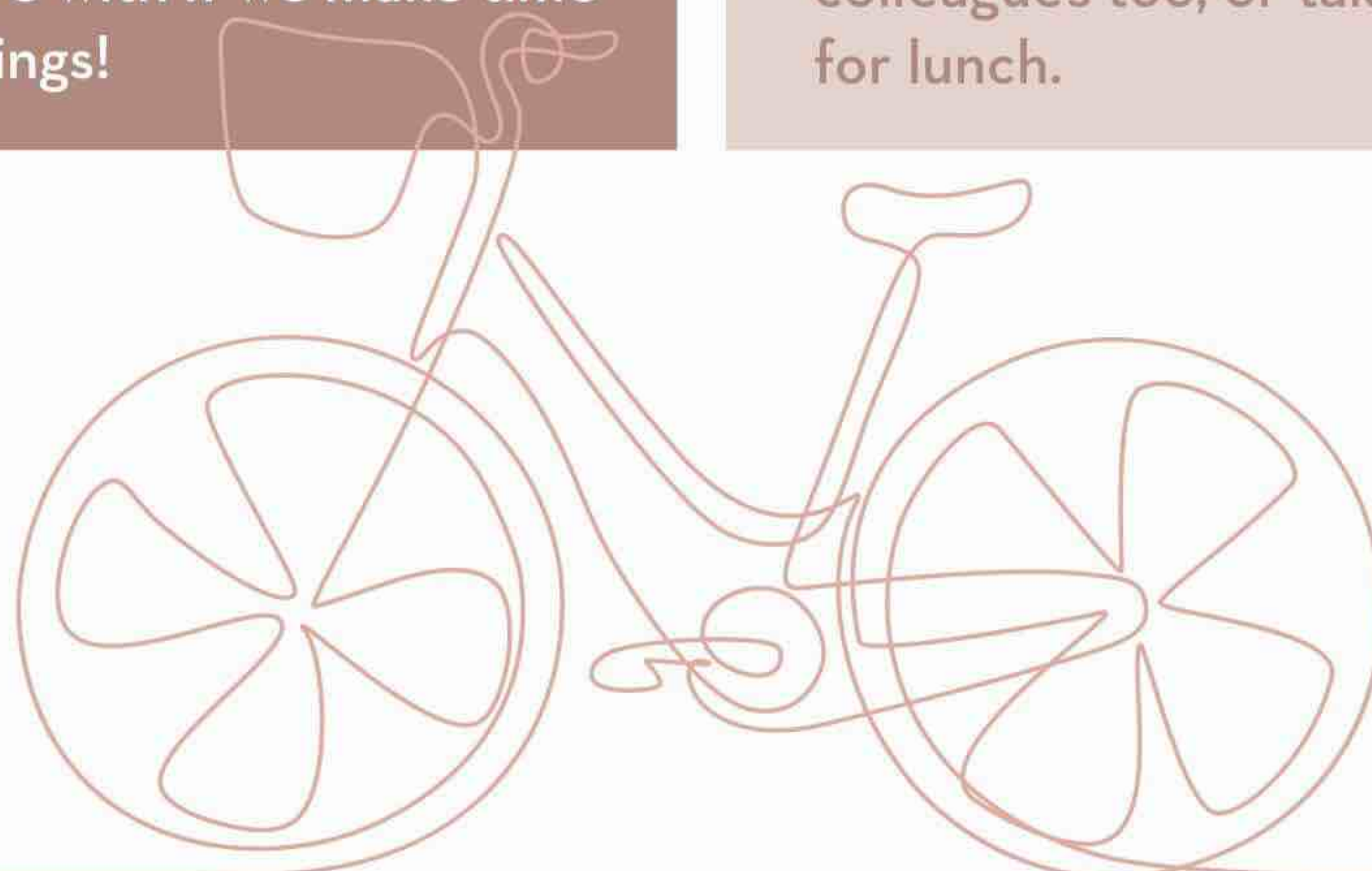


Don't feel guilty for scheduling in 'you' time. Make time for hobbies, exercise, socialising, or even just a soak in the bath if that's what will make you happy. We so often feel like we should be doing something else, but we'll ultimately be more productive at work and a happier person to live with if we make time for these things!

Welcome a new colleague



We've all been there - the first day or even week of a new job can be intimidating. Make the effort to talk to the new person; show them round the office if you won't be treading on someone else's toes. Invite them to the kitchen for a hot drink where they can meet other colleagues too, or take them out for lunch.



WHAT DO YOU ENJOY DOING IN YOUR SPARE TIME?

Try to list activities that don't involve working or taking care of other people, and make sure you do them regularly

Activity

Activity

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“The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer”
Gandhi

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“To be kind is more important than to be right”

F Scott Fitzgerald

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Say it with a video



Record a video message and send it to someone. You could set up your phone to record yourself saying a hello message to a friend, or perhaps film your child singing *Happy Birthday* to a loved one. A video message makes a nice change from a text message, and adds a personal touch.

Be mindful in the home



Turn off lights when you're not in a room, don't leave the tap running when you brush your teeth, unplug electrical items when they're not being used, open windows instead of using air conditioning, consider wearing an extra layer of clothing before whacking the heating up... such simple acts will help to save the planet if we all do them.

Break the routine



Rather than going straight home after work, take a detour. Walk through the park, have a browse in the shops, pop to the library, call in on a friend... breaking your usual routine and mixing things up a bit helps to keep life interesting and not mundane. Routine can be great, but variety can be equally beneficial.

Catch up with friends



We're all guilty of neglecting our friends at times, but it's important to cherish close friendships, and sometimes we need to make the effort to find time to see friends. Don't always rely on them to initiate your meet-ups - check your diary and suggest some dates yourself. And then don't cancel!



GET BACK IN TOUCH

Who are you going to contact who you haven't seen for a while? What do you miss about them?



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Person:

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“To know even one life has breathed easier because you have lived. This is to have succeeded”
Ralph Waldo Emerson

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“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear...”
Leo Buscaglia

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Help vulnerable animals



If you love animals, why not help a local animal shelter? You could give up some of your spare time and volunteer at the shelter itself, or if you're unable to do this, find other ways to help, such as donating old towels and sheets.

Volunteer as a mentor



If someone new joins your team or if you know of a colleague who would love to be promoted, offer to mentor them to equip them with the knowledge and tools they need to carry out a new role effectively.

Plant a tree

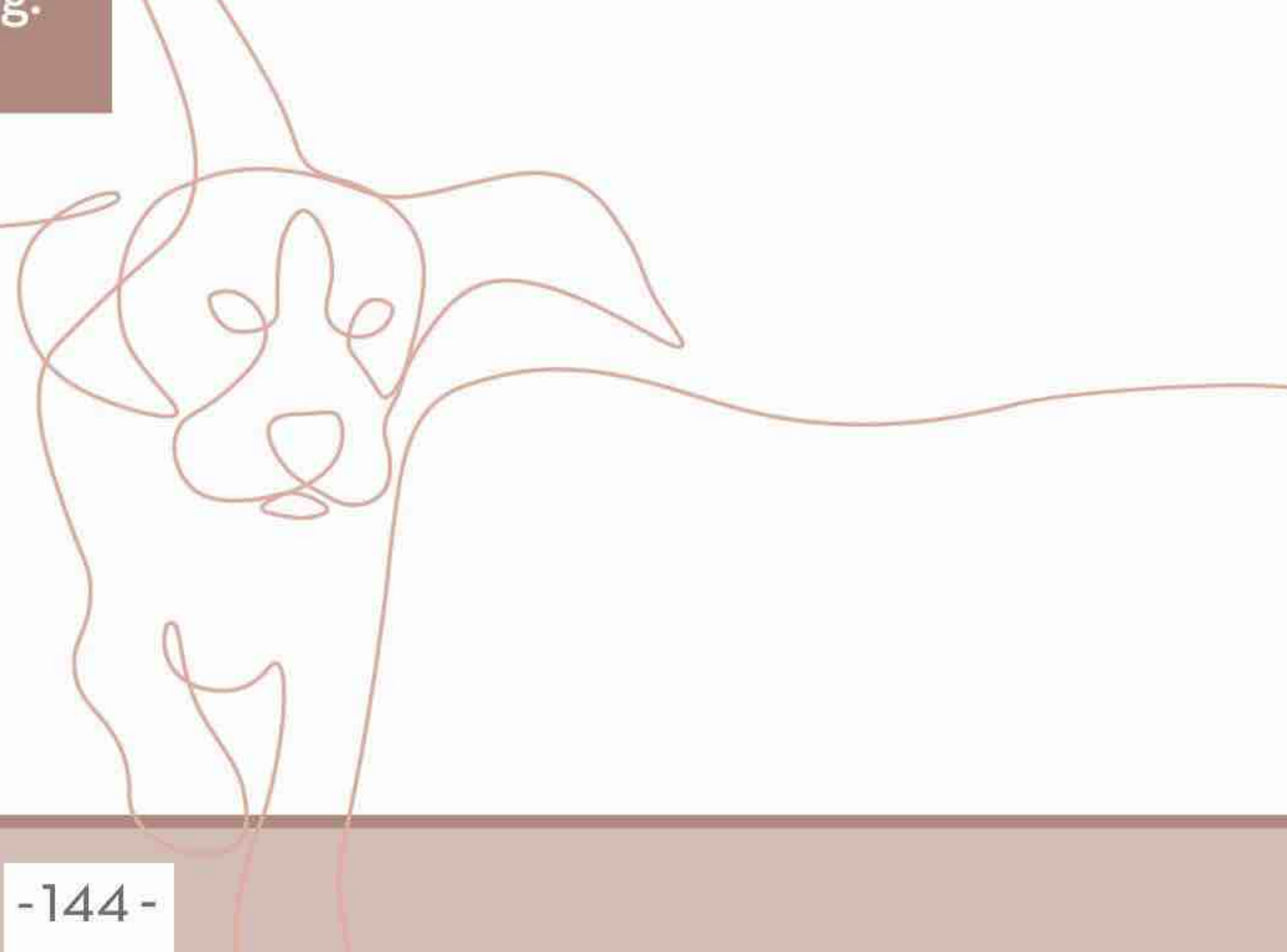


Not only can trees help to combat climate change by absorbing carbon dioxide from the atmosphere, but thousands of wildlife species depend on trees for either food or shelter. Plant a tree and you will go some way towards helping yourself, other people, wildlife and the environment. Plus, spending time outdoors amongst nature does wonders for your overall wellbeing.

Treat yourself



Every now and then, treat yourself to something you consider a luxury, for example getting your nails done, going to your favourite restaurant, having a spa day, or buying a new book. Your treat doesn't even have to cost anything - it could be a trip to your favourite place, watching a movie, or listening to a favourite album.





Kindness
IS THE ONLY SERVICE
THAT WILL STAND THE
storm of life
AND NOT WASH OUT

ABRAHAM LINCOLN



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“What actually sustains us, what is fundamentally beautiful, is compassion”
Lupita Nyong'o

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“When we focus on others, our world expands”
Daniel Goleman

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Treat your colleagues



Going into work to discover a cake has been baked or there's a tub of chocolates in the kitchen is enough to lift anyone's mood, even on a Monday morning (especially on a Monday morning). Get your bake on, or if baking isn't your thing, grab something tasty from the shop to share with your colleagues.

Forgive yourself



We all mess up from time to time. Sometimes these mistakes are small and other times they're monumental! Whatever the error and whatever the intention, it's essential to forgive yourself. Acknowledge what you've done, learn from it and move on.

Clear the table



When you're next in a restaurant, help the waiting staff by tidying up the table for them - stack the dirty plates, put the used napkins on the plates, and group everything together at the end of the table for them to collect. If you're in a fast-food restaurant and there are bins, clear the table and dispose of your rubbish before you leave.

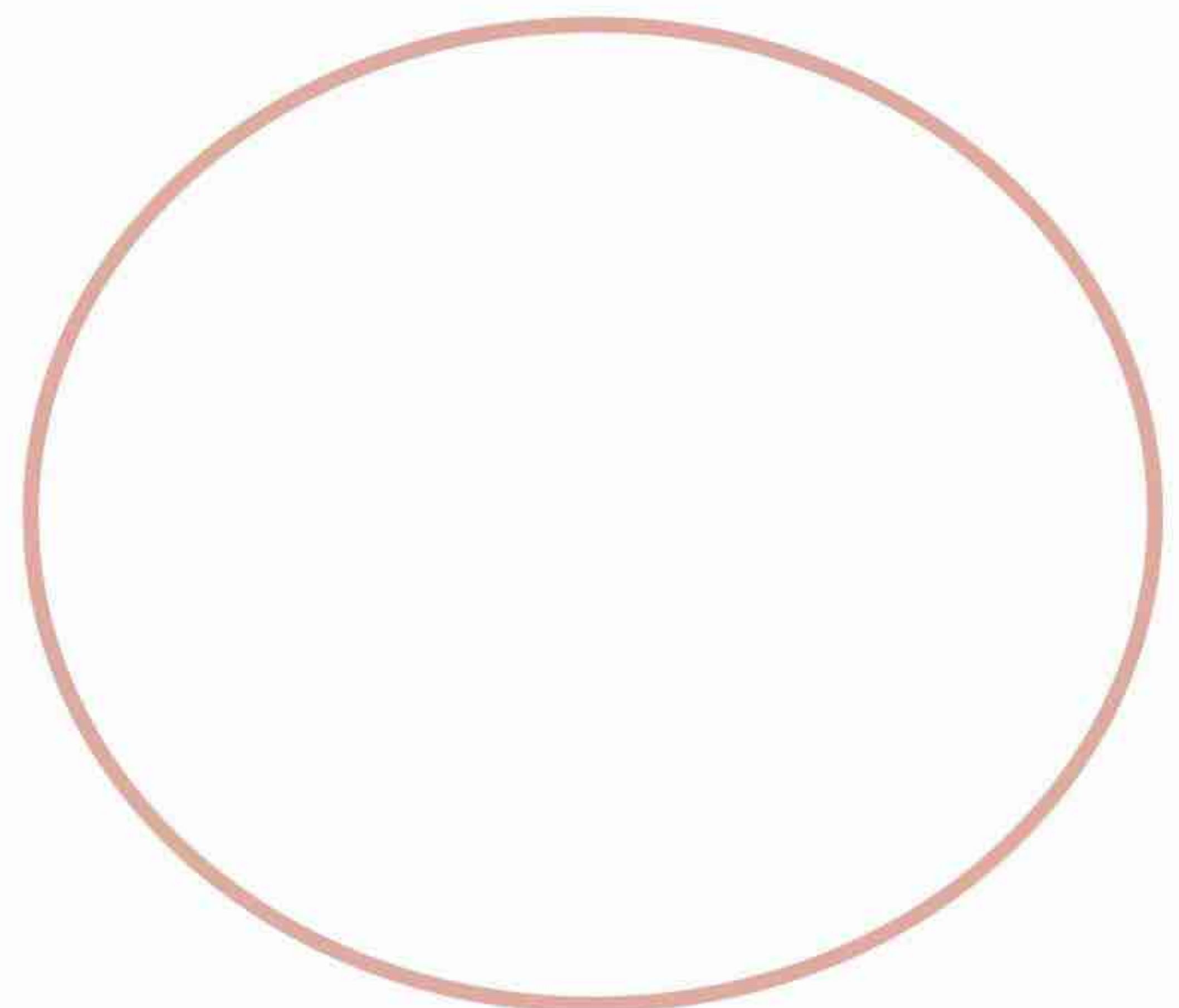
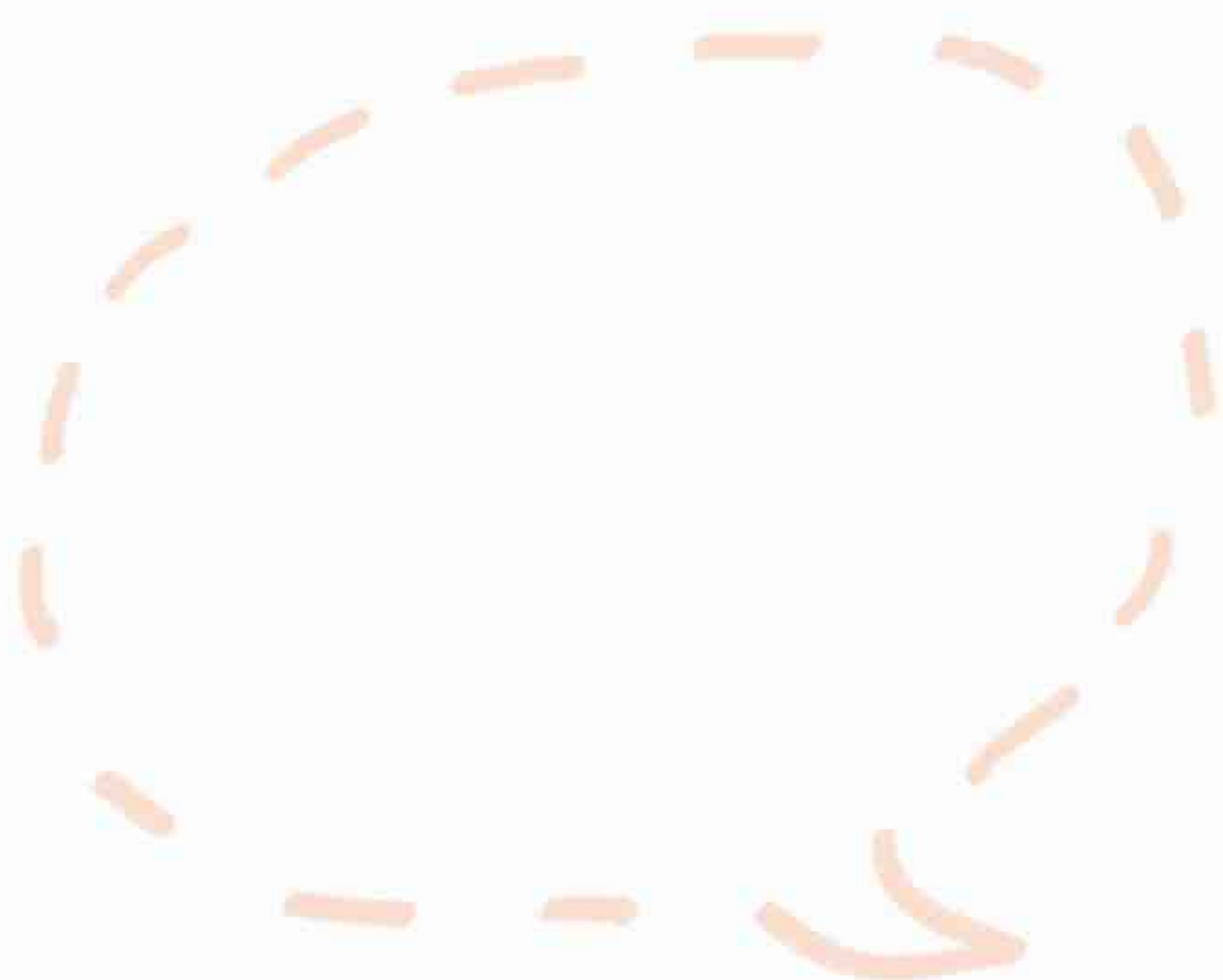
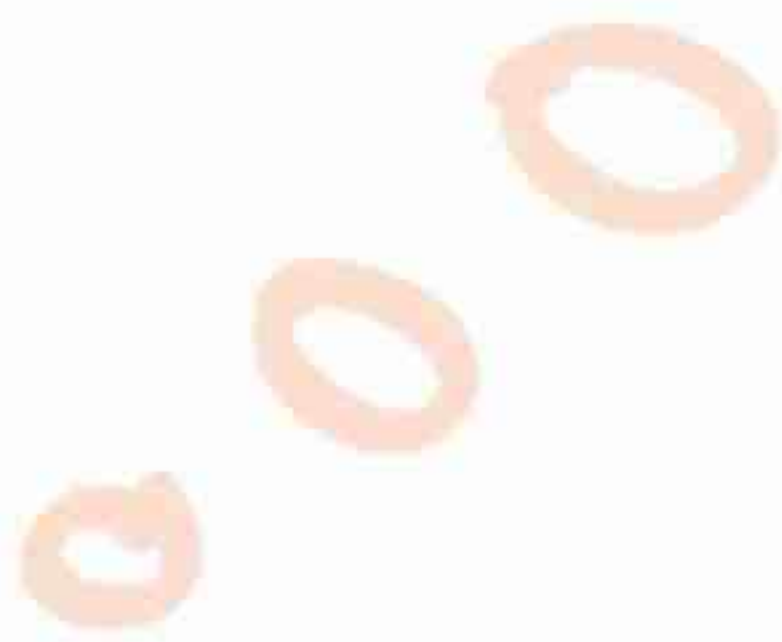
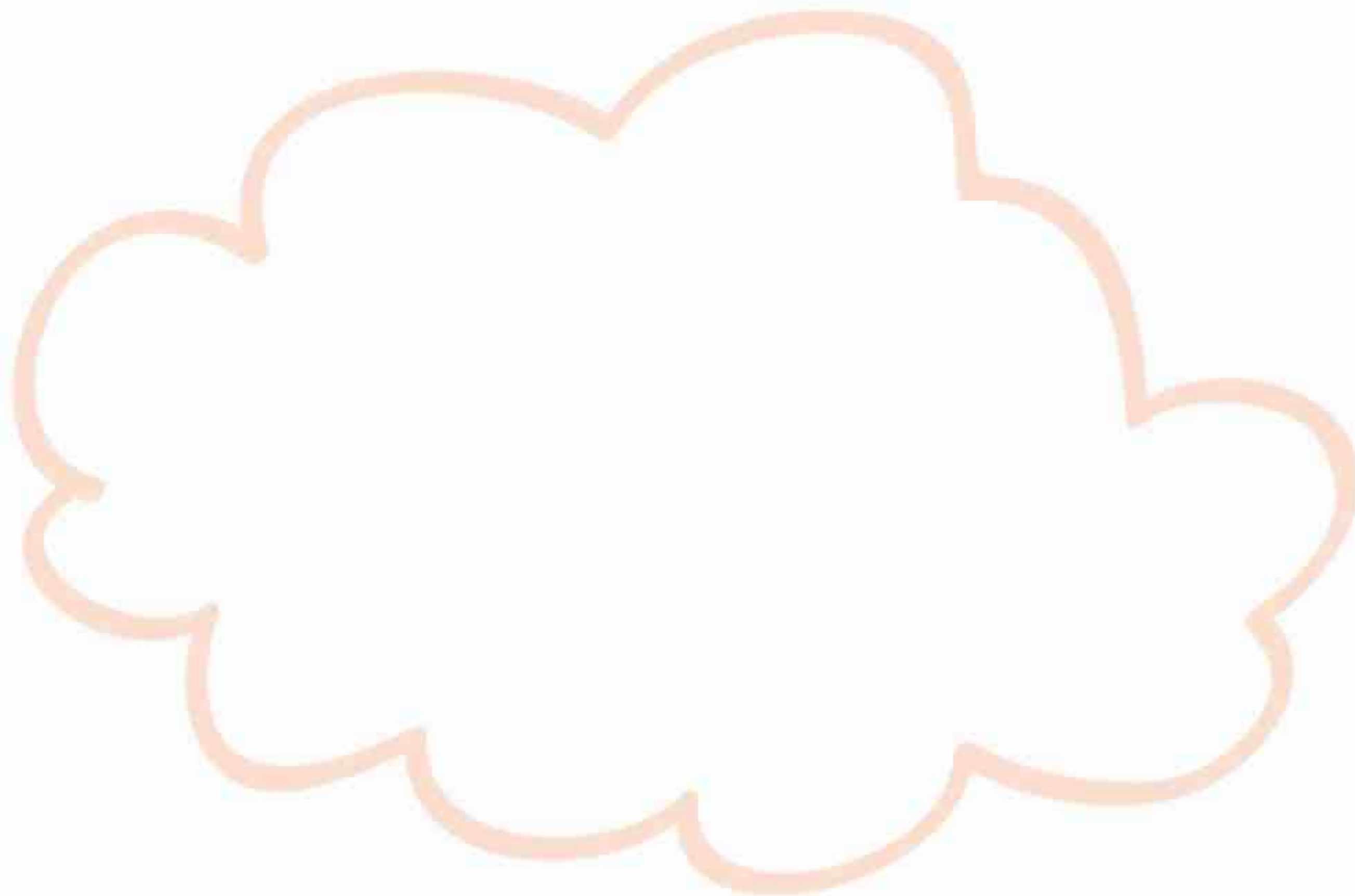
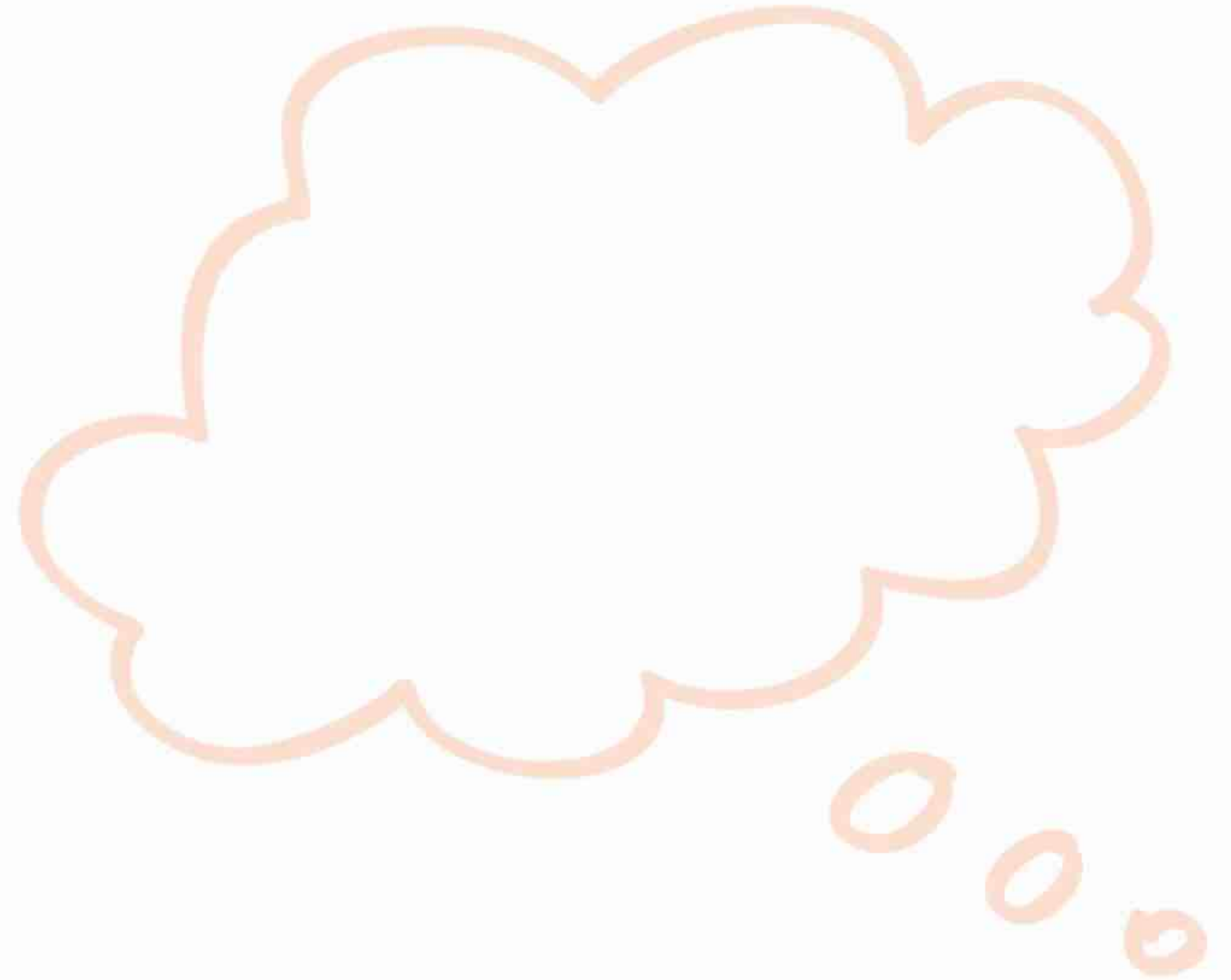
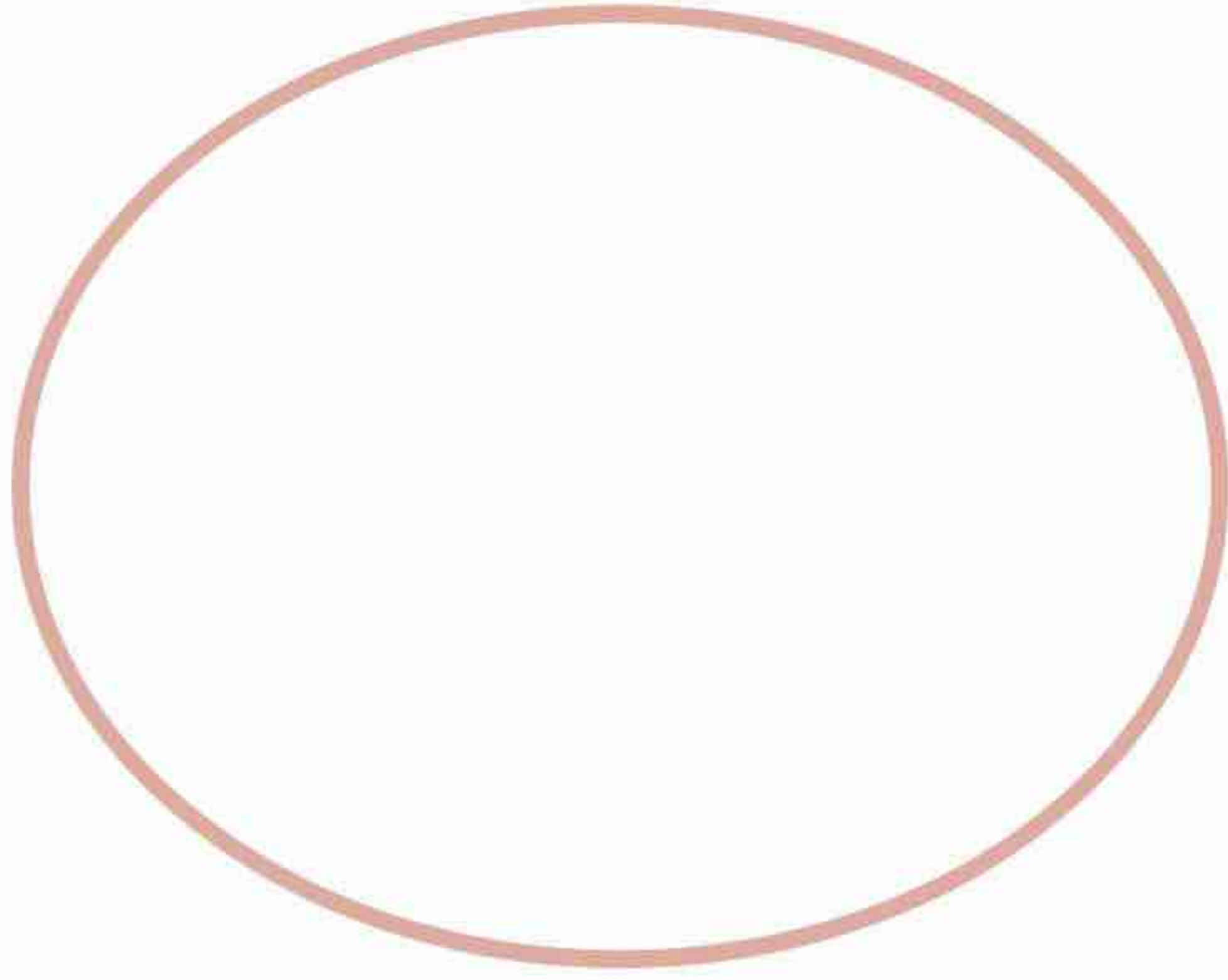
Share inspiring messages



Whether it's an inspirational quote you like, a photo with a powerful caption, or an anecdotal snippet into something meaningful that's happened to you, sharing messages like this can offer support, strength and a sense of inclusion for your audience, whoever they may be. Even if your message resonates with just one person, it's worth it.

WHAT'S MY MOTIVATION?

Use this space to jot down a few ideas of what inspires and motivates you that you might wish to share with others





MOMENTS OF KINDNESS

What good deeds or activities have you performed or worked towards this week? How did the people involved react?

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APPRECIATING KINDNESS

When have people been kind to you this week? What did they do or say, and how did it make you feel?

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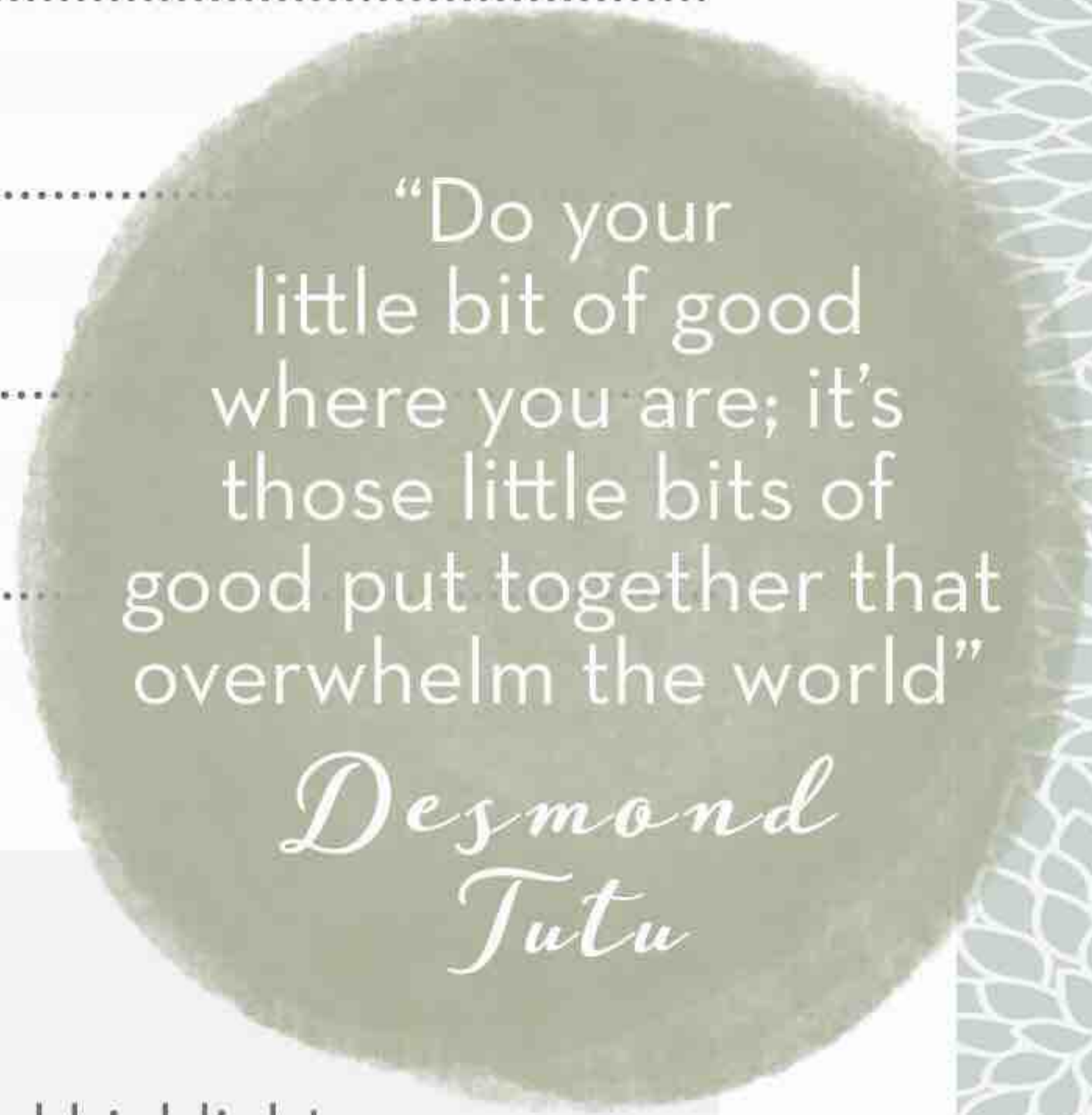
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REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Say no



Are you a people pleaser? Do you find it difficult to say no? Whether it's agreeing to a night out when you're already feeling exhausted, or taking on more work when you're already snowed under, saying no isn't a weakness - it actually shows strength and assertiveness. Prioritise your needs.

Turn your fingers green



Help to maintain a local community garden. Community gardens have so many benefits, from bringing people together to providing green spaces for locals to enjoy. Gardening can also be very therapeutic, so you're likely to reap some rewards too.

Sponsor a child



By making regular donations to a child in need, you can help give them a better future through access to education and healthcare, and by contributing towards everyday essentials. There are many organisations and charities that can facilitate this - look online and see which one you're drawn to.

Bring people together

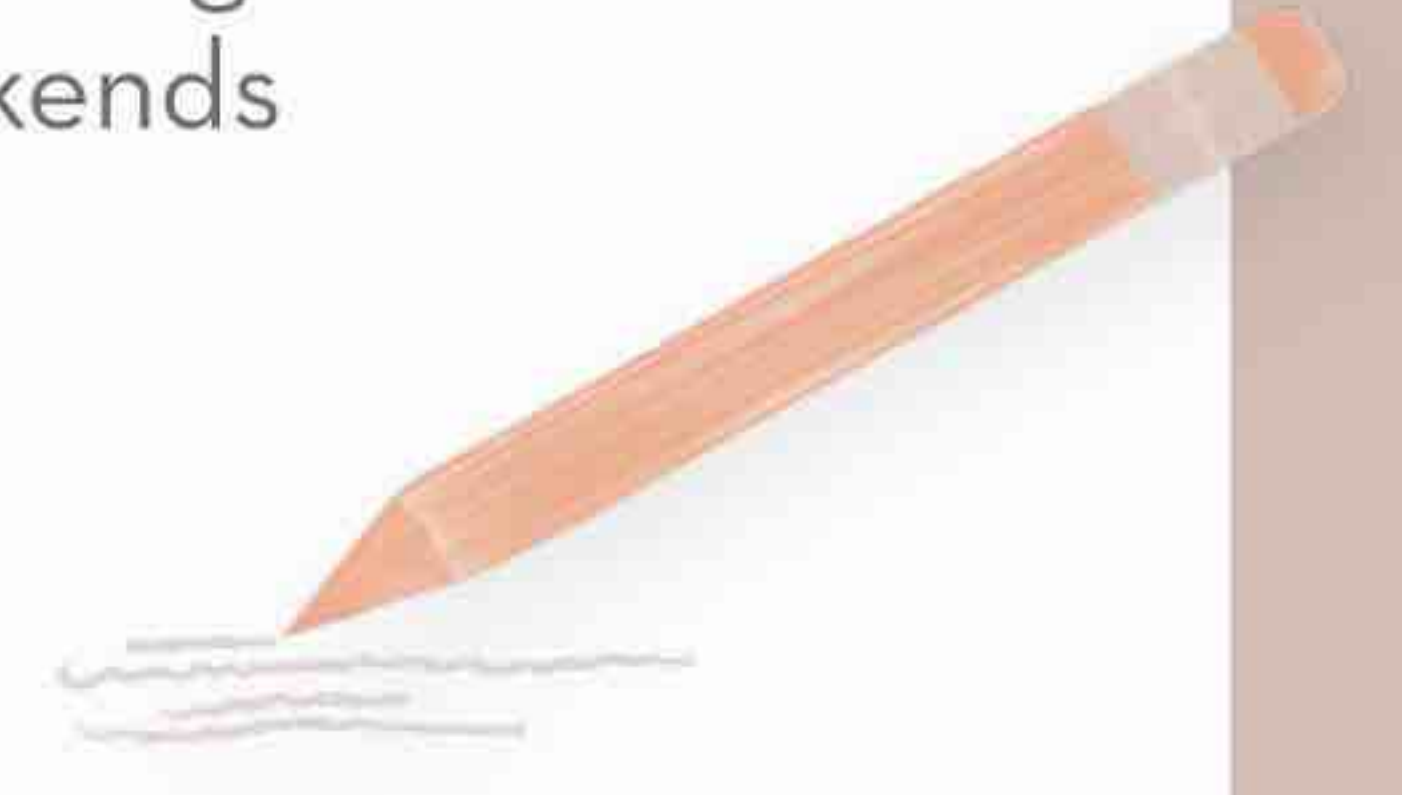


From a weekly quiz that you can do at your desk to a night out bowling, you don't have to organise anything huge to have a positive effect. Maybe invite colleagues to collaborate on a playlist and then play the songs on a special occasion like someone's birthday or on the last day before the Christmas break. Focusing on something fun and light-hearted that's not work-related can be just what a team needs.

Tick them off once you've made them happen

TEAM ACTIVITIES

What would you like to organise at work to increase morale? They could be incorporated into your working day, or perhaps social events at evenings and weekends



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“If a free society cannot help the many who are poor, it cannot save the few who are rich”
John F Kennedy

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ACTIVITIES AND IDEAS



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Yourself



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Wider world



Community



Strangers

Offer your expertise



Help a local company or charity get up and running on social media. Many business owners aren't necessarily tech-savvy, and most charities don't have the time or resources to spend on social media, so if Facebook and Instagram are your thing, offer to help.

Check in on co-workers



Try to spot the signs of someone going through a hard time. Be discreet, but offer to lend an ear, and then make sure you regularly check in with them. Even if you can't or don't want to offer advice, just listening can be an enormous help.

Ask for help



Stop trying to take on everything. Whether it's at work or at home, recognise when you need to ask for help and don't beat yourself up about it. Delegate tasks at work; ask your partner or children to carry out chores at home - you'll wonder why you didn't do it sooner!

Help a motorist



If it's safe to do so, help someone whose car has broken down or who is trying to change a tyre. If you're unable to physically help, you might be able to assist them in some other way, perhaps by phoning a relative for them or a breakdown recovery service. Only offer to help in this situation if you're not putting yourself in any danger, of course.

SHARE THE LOAD

What tasks would you benefit from delegating? They could be chores around the house or time-consuming activities at work

Form with two brown hearts in the corners and three sets of dotted lines for writing.

Form with two green hearts in the corners and three sets of dotted lines for writing.

Form with two green hearts in the corners and three sets of dotted lines for writing.

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“Be kind whenever possible. It is always possible”
Dalai Lama XIV

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Give someone a boost



Next time you're in the changing room of a clothes shop and you see someone trying on an outfit that looks fabulous on them, make sure you tell them. You might think they already know it looks great, but chances are they don't!

Shop for others



Whether it's a one-off for a friend or a regular favour for a relative, shopping for someone who is elderly, vulnerable or unable to do their own shopping for whatever reason will make a big difference to their life. Make it easy for yourself by adding a few extra items to your own trolley, or by organising an online delivery for them.

Donate groceries

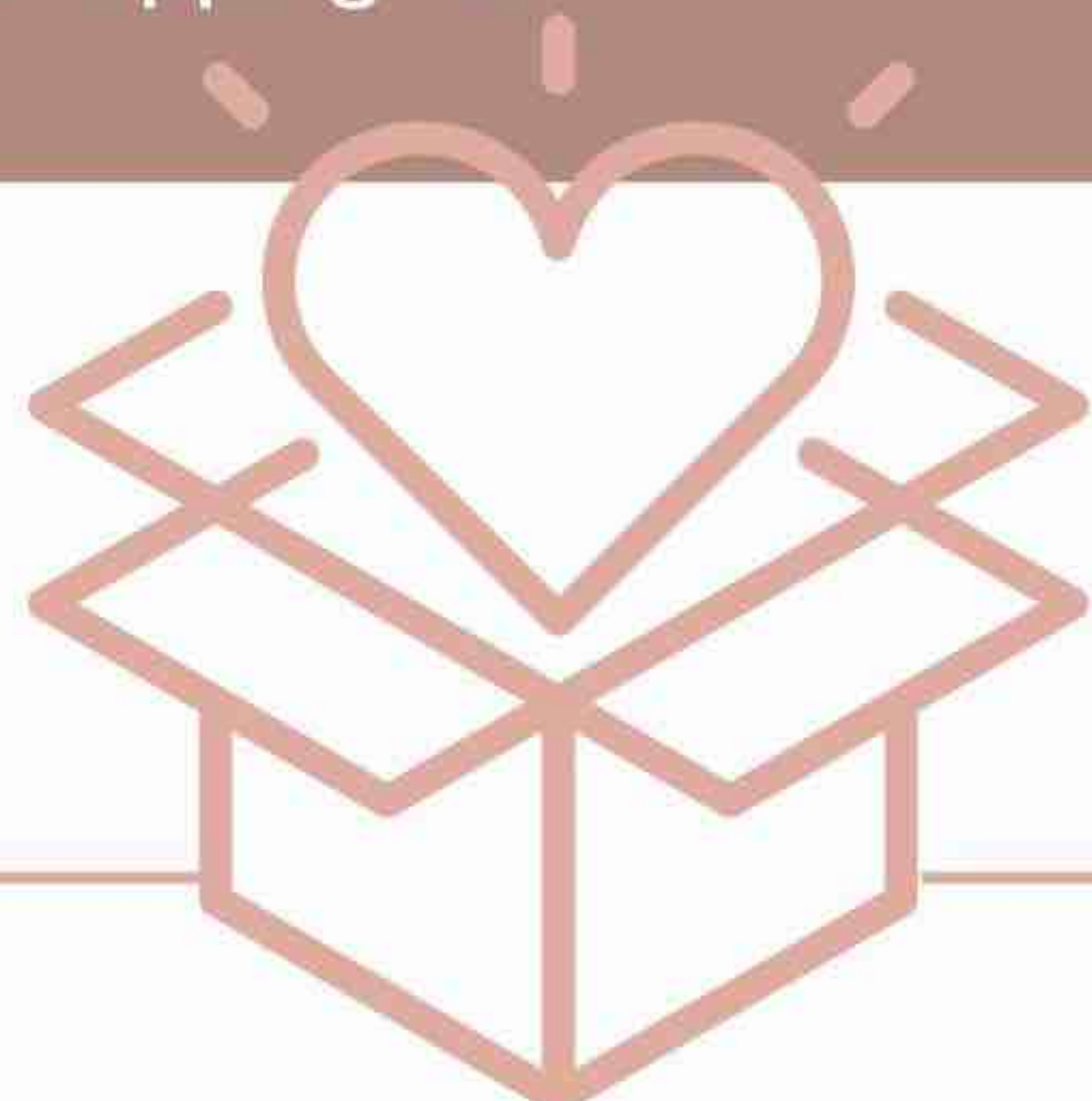


Take unwanted or surplus food items in your cupboard to a local food bank. Or, if you can afford to, buy a few extra items when you're next shopping, specifically to donate. You could make it a regular occurrence so that once a month, perhaps after pay-day, you add a couple of things to your shopping list.

Blog about someone



It could be someone close to you like a parent or friend; maybe it's someone in your local community; or perhaps it's someone famous... It doesn't really matter who the person is, but reading positive posts about other people is refreshing and uplifting.





PERSONAL HEROES

Who do you admire and why?

Person:

I ADMIRE THEM BECAUSE

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Person:

I ADMIRE THEM BECAUSE

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I ADMIRE THEM BECAUSE

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“That’s what I consider true generosity: You give your all, and yet you always feel as if it costs you nothing”
Simone de Beauvoir

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“What wisdom can you find that is greater than kindness?”

Jean-Jacques Rousseau

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Review and recommend



If someone you work with has a LinkedIn account or a website or blog, be sure to leave a recommendation or write a testimonial for them. It's a simple but effective way of supporting your colleagues, plus they're likely to return the favour.

Visit an elderly person



Enquire at a local care home or nursing home to see if they have any residents who don't get many or any visitors, then make time to visit them regularly. They will love having some company and someone to talk to, even if it's just for one hour a week.

Go offline

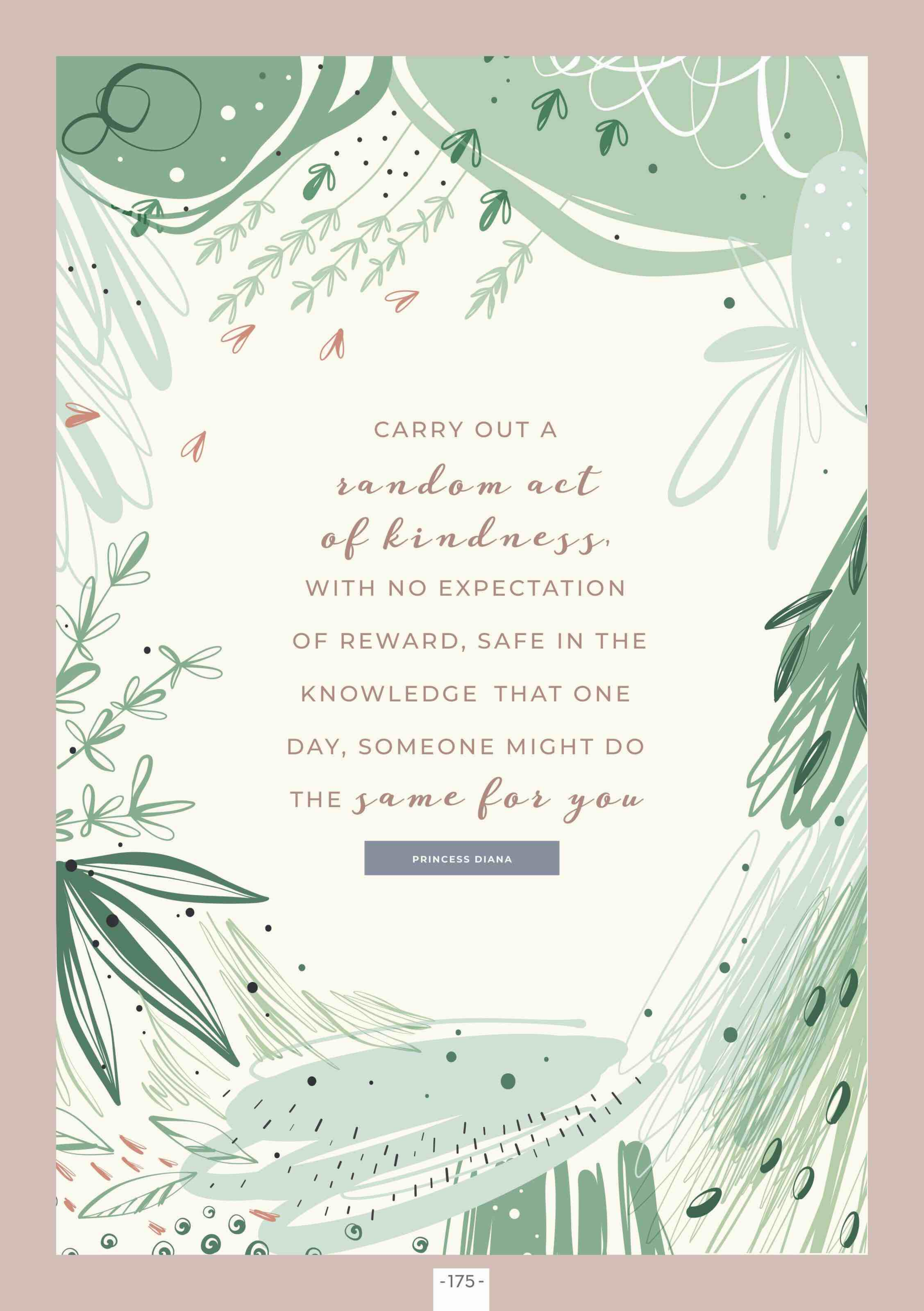


We're all guilty of spending too much time on our digital devices, which can not only be damaging to our own mental health and wellbeing, but also make our loved ones feel unimportant. Try to spend more time away from your phone, tablet or computer. Show people that you truly are present and that you're focused, listening and devoted to your time spent together.

Cook a special meal



You might do this for a loved one regularly anyway, but why not go further and cook their favourite meal, perhaps on a day when you know they are going to be tired or have had a stressful meeting? You could even cook a meal for a friend or relative and drop it round to them



CARRY OUT A
*random act
of kindness,*
WITH NO EXPECTATION
OF REWARD, SAFE IN THE
KNOWLEDGE THAT ONE
DAY, SOMEONE MIGHT DO
THE *same for you*

PRINCESS DIANA



MOMENTS OF KINDNESS

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“Compassion is an action word with no boundaries. It is never wasted”
Prince

REFLECTIONS

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“Kindness is the golden chain by which society is bound together”
Johann Wolfgang von Goethe

REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Everyone is important



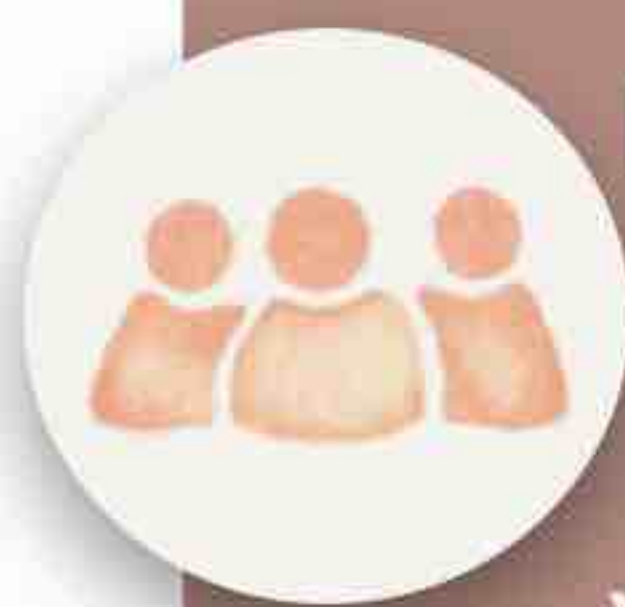
Find out the name of the security guard who looks after your office and make a point of dropping it into your 'good morning' rituals. Ask the cleaner how their day has been. Have a chat with the delivery person next time they deliver a parcel. It's important that everyone feels valued.

Help the less fortunate



Send a care package to an impoverished person, whether in your own country or abroad. There are organisations and charities that can assist with this, particularly at Christmas time. Millions of people live in extreme poverty and urgently need supplies, and while you may not be able to change their living conditions, sending a care package will make a big difference to an individual.

Give parents a boost



If you notice a child behaving particularly well, perhaps on a long train journey or flight, or you feel that a child has been especially kind or polite, tell their parents. It will encourage the child to continue being well-behaved but also make the parents feel proud.

Write inspiring notes

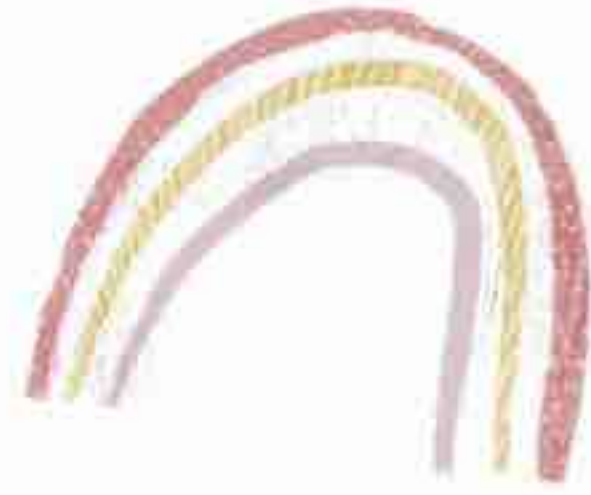


When people began putting up pictures of rainbows in their windows during the Covid-19 pandemic, it really lifted people's spirits. Try doing the same with inspirational messages or quotes. As people walk past your window, the notes are bound to put a smile on their faces or boost their mood.



MOTIVATIONAL MESSAGES

Write down some messages or quotes that you could display in your window for passers-by



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“Instead of putting others in their place, put yourself in their place”
Amish proverb

REFLECTIONS

Reflect on your week and make note of any personal highlights, favourite activities, or perhaps areas for improvement

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“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees”

Amelia Earhart

REFLECTIONS

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ACTIVITIES AND IDEAS



Online



Yourself



Work



Friends/family



Wider world



Community



Strangers

Donate your clothes



Take your unwanted clothes to a charity shop or homeless shelter, rather than trying to sell them.

The clothes will either make money for important charities, or go to people who can't afford new clothes themselves.

Write a sincere apology



Whether you choose to write a letter or an email, a written apology can be very powerful. Be honest, make sure your apology is genuine, don't over-complicate it, and most importantly make sure that what you are writing will ultimately help your recipient.

Decorate someone's desk



It might be their birthday or perhaps someone is returning to work after maternity or paternity leave - whatever the occasion, decorate their desk with balloons and banners, and share in their celebrations. If you know someone really wouldn't like the attention, maybe leave a card on their desk instead, signed by all their colleagues.

Create a happy place



Whether it's an entire room of a house or a small corner of a room, fill it with things that make you happy - it could be a lick of paint in your favourite colour or a string of photos that make you smile; perhaps a blanket and a lamp to create a reading area; or a plant and a piece of art on the wall that help you to relax.

SORRY DOESN'T HAVE TO BE THE HARDEST WORD

Who would you like to write an apology to and why? You could try drafting your note here if it helps



Dear...

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Post to...

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REFLECTING ON YOUR CHANGE

🎉 Congratulations! Now that you've reached the end of your journal, it's time to start the journey of embracing a stronger, happier and more life-affirming new you



Kindness comes in many forms

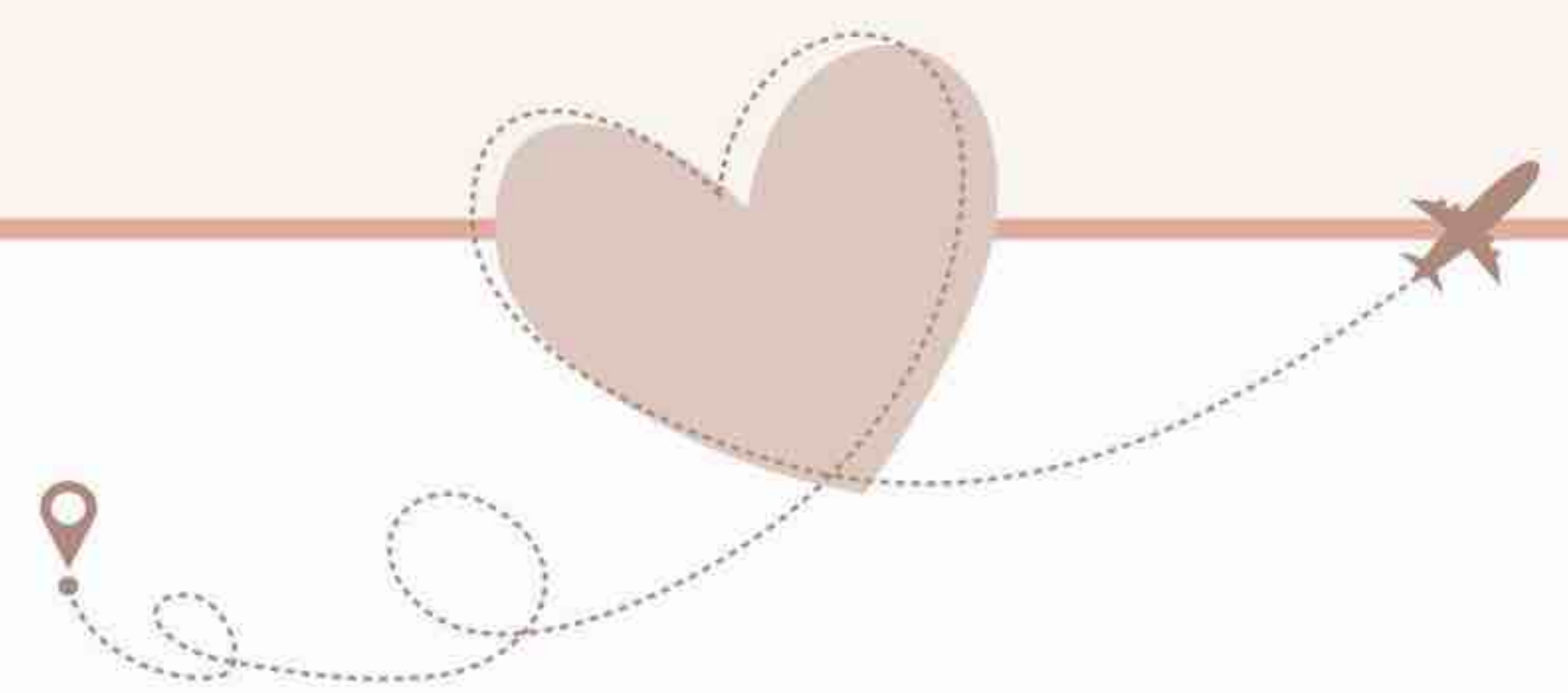
Your understanding of what kindness is may have shifted after completing this journal. By now you'll know that kindness is more than just polite manners, favours or gifts. It's an encouraging smile when you see a stranger falter, it's checking in with people you know are having a tough time, it's the realisation that negative emotions like jealousy, greed, guilt and anger are counterproductive to a positive outlook, and that by learning to overcome them we can be kinder to ourselves and those who would seek to harm us.

Taking time out to appreciate kindness

Scientists disagree on how long it takes to form a habit, but many point to approximately 21 days. So for each one of those days during the next three weeks, set aside some quiet time every evening, maybe lying down with your eyes closed, to consciously review and appreciate how other people were kind to you that day. Concentrate on the warm, comforting feeling that realisation brings, and rejoice in the happy hormones that spread through you as a result. After the three weeks, you should feel yourself becoming more aware of this feeling each and every time you experience kindness as it happens.

Could you be kinder?

As with everything in life, there is always room for improvement, which is why even something like kindness takes practice. Keeping a journal of your achievements is a fantastic reference that allows you to reflect on your success and learn from any missed opportunities. Ask yourself daily, 'Could I have been kinder today?' or 'Did I miss the chance to be kinder to myself or someone else today?' By confronting yourself in this manner, you are opening up the opportunity to improve on your past behaviour, and become stronger and ultimately kinder each and every day as a result.



Schedule in regular reviews

Change takes time and it won't happen overnight, so schedule a recurring date in your calendar – perhaps every month or six weeks – to assess and reassess your personal growth. This can be achieved in many ways, for example by re-reading your journal entries or giving yourself time to meditate with some mindfulness. Recall favourite moments, reflect on how they affected you, and consider what makes those memories so special.

Think of all the highlights you've achieved since you started this process; all those 'wins', whether big or little, that have reaffirmed your belief in your self-improvement journey; moments where you thought to yourself, 'Change is happening and I feel happier and stronger as a result'.

Look at how far you've come

You've achieved something very special by completing this journal, and you ought to feel really proud of yourself – not only for wanting to flourish on a personal level, but also because you wanted to enrich and improve the life experiences of those around you. Take a few moments now to reflect on how this kindness journey has impacted or changed your life.

Consider the effect that kindness has had on your relationships, your lifestyle, your work, your free time and even your frame of mind – you did that. You made all those changes, and as a result you made change happen, so make sure you thank yourself for having the courage to take on this challenge, and ultimately achieve and succeed.

Keep track of kindness

One of the best things about kindness is there can never be too much of it, and just because you've reached the end of this journal doesn't mean it's the end of your kindness journey. Writing in a diary or journal, or creating visual footnotes such as photographing your life or drawing in an art pad to express yourself emotionally, are great ways to keep track of keeping on track. Consider your personal kindness wins over the day, whether to yourself or those you encounter, as well as any kindness you received from others.

HIGHLIGHTS

Flick back through your journal entries and pick out some of your favourite moments. Reflect on how they affected you, and what makes them particularly special

Favourite moment(s) of kindness

Page(s):

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Most memorable kindness(es) by others

Page(s):

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Favourite activity/activities

Page(s):

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What moments or reactions surprised you?

Page(s):

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MY RELATIONSHIP WITH KINDNESS

Answer the questions below based on how you feel now you've reached the end of this journal. Then take a look back at page 29 and compare your responses - have your behaviours and attitudes changed?

How often do you take time to appreciate the kind gestures of others?

Never Not very often Sometimes Most of the time Always

Do you ever find yourself wishing you had been kinder in your day-to-day interactions?

Never Not very often Sometimes Most of the time Always

How would you describe your outlook on life?

Pessimistic Mostly pessimistic Neutral
Mostly optimistic Optimistic

Circle the responses that best describe you

NOTES

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REFLECTIONS

Take a moment to consider how this kindness journey has affected your life over the past few months. What impact has kindness had on your relationships, your work, or perhaps your frame of mind?

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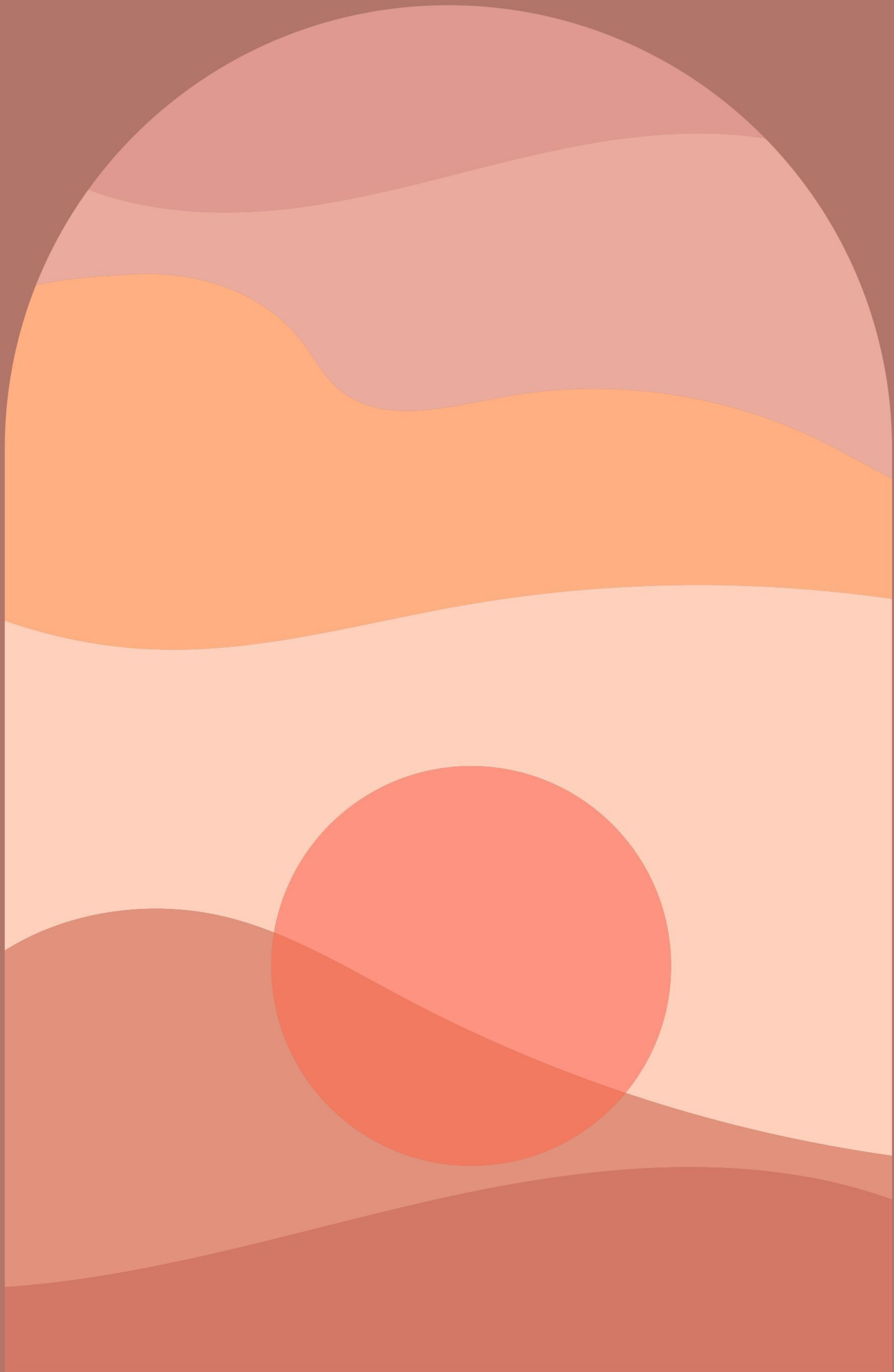
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*“How beautiful a day
can be when kindness
touches it”*

George Elliston

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F U T U R E
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TRANSFORM YOUR LIFE WITH THE POSITIVE POWER OF KINDNESS



We can all agree that the world could always do with more kindness. But this doesn't have to mean grand gestures or expensive gifts – often it's the small, everyday interactions that matter most. This interactive journal includes over 100 ideas for simple acts of kindness you can perform that will bring more compassion and consideration to every aspect of your life.

So what are you waiting for?



*Get inspired and begin your
kindness journey today!*



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