

## **The Power of Random Acts of Kindness**

It's a curious thing, but if you lead by example, people will always follow you, provided the example you set is honest, true, and has moral value.

We have all had times when we've reached out to complete strangers to offer help or assistance, haven't we?

### **Consider:**

- How many times have you held a heavy door open for someone to walk through safely?
- How many times have you helped someone in the grocery store with something that was beyond their reach?
- How many times have you made a phone call for someone or allowed them to use your phone in an emergency?

Most likely, more times than you can easily remember!

### **What about this:**

- Have you ever helped anyone start their car or given someone a ride?
- How about helping a young Mom struggling with a young baby and her stroller?
- Or helped the old man with a cane get down a flight of stairs?
- Have you ever picked up some trash that was blowing in the wind and put it in a dumpster?

Surely you have. Most people have. It's just something you do. There is never a reason. Nor do you ever expect any reward for those random acts of kindness. It's how you were raised. It's the right thing to do isn't it?

The world is changing and changing rapidly. Mostly for the better, but there are also many changes that are neither good nor welcome.

Too many people will never understand that it really is love that makes the world go around.

What If?

The random acts of kindness that so many people engage in on a daily basis are often opportunities spotted and fulfilled without any conscious thought at all. It's just what we do.

But what if we applied conscious thought and actively looked for opportunities to help complete strangers?

Would it make a difference in the life of that stranger that you helped? Of course, it would. Someone stepping up to help in their hour of need would be almost heaven-sent.

But what about YOU?

How would you feel?

How would you feel about being in the right place, at the right time, to help someone when nobody else could or would? Wouldn't you get a kick out of that? Of course, you would!

This immeasurable, unquantifiable, feel-good factor has such a buzz to it that it would light you up for the rest of the day!

Do you think the recipient of your random act of kindness might tell someone about what happened to them today? Would they speak well of you and express their gratitude to the unknown stranger who was there just at the right time today? Of course!

Is it possible that they might be so inspired by your actions on their behalf that they would tell several people?

What if those people were also inspired by your example, and they, too, consciously started finding people each day that they could help?

Ripples on a Pond

Just like ripples on a pond, your single, random act of kindness could have a very far reaching, positive effect on the lives of many, many people.

Strangers that you've never met and likely will never, ever meet could have a smile on their face today, just because of you!

So how about it? Could you help a complete stranger today with a Random Act of Kindness? How would that make you feel? What if you did it every day?

What if you led by example and were able to positively change the lives of many, many people simply by doing the right thing for no other reason than the fact that you can?

The only way you can change your own world is by making decisions and taking action. By consciously employing Random Acts of Kindness, you can change the lives of anyone you meet, at any time, or anywhere.

## The Challenge: Change the World

So, here's a challenge for you:

Commit to one Random Act of Kindness each day for one week. That's seven days, seven opportunities to make someone smile, and seven opportunities to make yourself feel good by helping a complete stranger in their moment of need.

If you like it, keep it going!

Lead by example, knowing that the ripples that you're sending out on the pond of life will inspire others to follow your example, and one person at a time, one Random Act of Kindness at a time, collectively, we WILL change the world.

## 27 Free Random Act of Kindness

Know that there is no right or wrong time for you to practice it. There is only you uncovering the process of building a better version of yourself and being kind.

- Donate your old or unwanted clothes to a friend, charity.
- Pay for someone's morning coffee, maybe a meal deal, or a Mcdonalds, KFC, BK.
- Instead of posting negativity online, spread some encouragement/positiveness
- Recommend someone your favorite book/movie/series or a simple youtube video.
- Take the time to listen to someone as it might add something to yourself.
- Let someone go in front of you in line, they might be rushing more than you.
- Give a stranger a compliment, it might make their day.
- Make dinner for a family in need or invite friends to eat with you
- Hold open the doors for people and smile
- Do a favor without asking for anything in return
- Take someone new in your neighborhood on a tour of the city
- Buy an ice cream cone for a child
- Learn to say hello in a different language to different people
- Bring in donuts for someone you feel like e.g. concierge, cleaner
- Give your waiter a generous tip before they start the service.
- Pack someone a lunch for the day
- Pay for someone's morning coffee
- Reconnect with old friends
- Buy groceries for the person that might be outside of the shop
- Be kind to yourself!
- Support a friend, like his post, make a positive comment, share
- Offer hot chocolate to crossing guards, police officers and others.
- Tell someone the truth. Sometimes it's really hard, but it's what friends do.
- Say "thank you" to someone who made a difference.
- Take a cute photo of someone you love and mail to them.
- Write a positive online review of a business you like. It makes a difference
- Go and share this post with a friend and give me feedback about it.