

Random Acts of Kindness Exercise

We all perform acts of kindness at one time or another. These acts may be large or small, and their beneficiaries may not even be aware of them. Yet their effects can be profound, not only on the recipient but on the giver as well. This exercise asks you to perform one act of kindness for five days. This is a way of promoting kindness in the world and cultivating happiness in yourself and others.

Time required: Varies depending on your acts of kindness.

Instructions

For the next five days, perform one act of kindness. It doesn't matter if the acts are small or big. It is more effective if you perform a variety of acts. Your Random Acts of Kindness does not have to be for the same person and they don't have to know YOU are the one being kind. For example, you could put money in a stranger's parking meter, donate blood, help a friend with a chore or create art with a child or an elder.

After you commit your Random Act of Kindness write down what you did and describe how you it made you feel.

Why it works

This is a great exercise to do when you NEED a self-esteem or self-confidence boost because it makes you think more highly of yourself and you become more aware of positive social interactions.

KindSpring

KindSpring has created a series of 21-Day Challenges designed to help individuals and groups grow in values that help create positive change. Learn more by visiting <http://www.kindspring.org/challenge/>

Source

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