

21 DAYS OF KINDNESS

inspired by the guys at KindSpring.org



LIVEINTHEPRESENT.CO.UK

A photograph showing the lower half of a person walking on a paved street. The person is wearing dark trousers and brown shoes. The street has a white curb and a white line on the pavement.

Day 1

Hold the door open for someone

Holding the door open for someone is something they just do in old movies, right? Guess again.

Holding the door open is a polite and thoughtful act you can easily do for your family, friends and even strangers, every day.

Whether you're at school, at work, or at home, those around you will certainly appreciate your good manners.

A person is seen from behind, standing on a beach and fishing. The scene is set at sunset or sunrise, with a warm, golden glow over the ocean. Several birds are visible in the water, and the sky is a mix of orange and light blue. The person is wearing a dark jacket and a hat.

Day 2

Be kind to someone you dislike

Make an effort to be polite to someone you don't get along with. Go out of your way to say hello or have a conversation with them.

Getting to know and understand him or her better might help you appreciate your differences. Before you know it you might actually have a new friend!



Day 3 Encourage Someone

Encourage someone who needs it. Whether it's a friend, sibling, parent, child or colleague, a little recognition could make a world of difference in their lives.

Let them know that you are thankful for them and that you appreciate having them in your life. You can encourage someone with words, a hug, a gift or even an email or phone call.

It is so simple to do; act now and go encourage someone!



Day 4

Express Unexpected Gratitude

Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well." ~ Voltaire

Be a grateful person. Make it a habit to thank the people who touch your life, even for the little things.

When we let others know we appreciate them for something they've done for us, we are letting them know how grateful we are that they are in our life. Be grateful for the weather, for shelter, and food. Share your grateful attitude with all you meet!

Having a grateful attitude in life goes a long way. The more you practice being grateful, the more you will find you are never lacking or wanting! You could even start a gratitude diary and each day write down at least one thing you are grateful for. Before you know it you will have a treasure trove of the good things in life.

If your ever feeling low you can pick up your treasure trove and remind yourself of what's good in the world.



Day 5 Be Positive

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” ~ Winston

We all go through difficult situations. Often it can be quite hard not to get frustrated.

The next time something goes wrong challenge yourself to look at this new difficulty in a positive way. Having a good attitude can do wonders for both yourself and those around you!

Take Winston Churchill’s advice and be an optimist!

Day 6

Appreciation



Make a list for your spouse or significant other highlighting all of the different reasons you appreciate them. Spend a couple of days thinking about it and every time a new character trait you particularly love about them pops in your mind, write it down.

If you catch your loved one doing something kind for someone, write it down! If they go out of their way to make you a nice dinner, write it down! After a couple of days you will have a tremendous list. Write the list neatly in a card, or type it up and send it to them in an email.

Not only will your loved one feel greatly appreciated, but you will find yourself feeling overwhelmingly grateful for your significant other. Too often in life we take the people we love for granted. This is a wonderful reminder of how lucky we are to have these people in our lives!

Day 7

Write a letter or send an email to someone who made a difference

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” -Albert Schweitzer.

Has someone made a difference in your life? Maybe it's a teacher or professor who made a difference in your education; someone who believed in you and inspired you to do your best. Maybe that person is a grandparent who raised you or a mentor who helped you choose your career path. Why not tell that person in a letter or card how they have inspired you?

Benefits

Keeping in contact with those who have influenced you in a positive way is also beneficial to you, because those people also represent a positive influence in your life and will continue to help you become the person you strive to be.



Day 8

Be a friend who listens


If you have a friend who's going through a rough time, offer to talk about it with them over a coffee. Think of all the times you've wished you had a friend to talk to--be proactive and be that friend for someone else.

Simply listening will show how much you care; your friend knows you are busy too so the fact that you are setting aside time to sit and listen to them can really mean a lot.

Benefits

As you take the time to listen to your friends and family you will get to know them better. You will discover their passions, their fears, their hopes and dreams.

Over time you can help them accomplish these things, too, but the first step is always listening. When we take the time to listen to others we take our focus off of ourselves, and that is always a good thing.



Day 9

Give Up Complaining for a Day

How long can you go without complaining? This challenge sounds deceptively simple but when you really try and practice it to the fullest, it becomes clear how much self-awareness it takes to truly stop complaining. Not just at a vocal level but also at the levels of thought and internal reaction.

There is wisdom in being kind. Today is an opportunity to try and step back from generating negativity and to try and transform those moments of annoyance, anger or discomfort into an opportunity for a kind thought, word or action.

You might just be amazed by the results. And if you want to step-it-up, extend today's challenge for the rest of the week!



Day 10

Be kind to yourself

Be kind to yourself today and do something to treat yourself. Go visit your favorite park with your favorite book. Take a long walk to relax your mind and refresh your body. Or grab a cup of coffee at your favorite coffee shop, maybe pick up your favorite dessert on the way home from work. Take that class at the gym you've been trying to make time for. Take your loved one on a date tonight...

Whatever being kind to yourself looks like to you, do it today!!!

So many of us invest 110% in those around us, and don't make time for ourselves. It is so important to carve out a little "me time" during the day, or at least once or twice a week.



Day 11

Cook a meal for someone

Cook and deliver a meal to a friend who needs it, or bake someone a cake. Perhaps you have a friend who is busy with a new baby or sick child. Or maybe you have neighbours who have just moved in- Bring someone a meal and save them the time; it will be a huge stress reliever! And who doesn't loveeee cake!

This is a great way to show someone how much you care about them. Plus, it feels good to give!



Day 12
Say 'hi' to someone

Call someone who you haven't talked to in a while and let them know that you've been thinking of them, check out how they are, and that you are sorry you've been out of touch.




Day 13

Pick up some trash/rubbish

Beautify your surroundings! Be kind to the environment and those around you by picking up trash when you see it lying around. It doesn't matter who left it there, just pick it up!

Benefits

Picking up trash helps keep your neighbourhoods, schools, parks, beaches, playgrounds, etc. clean and healthy. You will appreciate your surroundings more, and everyone else will, too.



Day 14
SMILE!

Did you know that simply putting your mouth in the shape of a smile changes the blood flow to the brain and actually makes you feel happier?

The fact that smiling itself boosts your mood has a further positive impact because smiling has a contagious effect.

When you smile, others are more likely to smile back, and are more drawn to you, thereby increasing your confidence and happiness even more.

Go on..... try it :-)



Day 15

Give someone a hug

So yesterday all we had to do was smile and today it's all about hugging. Hugging is healthy. It helps the immune system, cures depression, reduces stress, and induces sleep.

It's invigorating, rejuvenating & has no unpleasant side effects. It's nothing less than a miracle drug. Hugging is all natural. It's organic, naturally sweet, has no artificial ingredients, environmentally friendly & is 100% wholesome. Hugging is the ideal gift. Great for any occasion, fun to give & receive, shows you care, comes with its own wrapping paper and, of course, is fully returnable.

Go on give someone a hug.



Day 16

Connect with a Stranger

Today's challenge involves going beyond your usual circles and engaging with someone you don't know very well.

Maybe you will invite a new colleague to coffee or lunch, or make an effort to talk to someone at your school who seems lonely.

Perhaps you will strike up a conversation with the person next to you on the bus or the train, or spend time connecting with someone who is on the street. The idea is to simply broaden your circle of caring in a small but heartfelt way.



Day 17

Spend 15 Minutes in Silence

Today, carve out time in your day for quietude and stillness. Sometimes in the whirl of activity and chatter of the weeks we lose connection with the deeper parts of ourselves and our highest intentions. Moments of silence and stillness can be real teachers.

The beauty of it is that by getting back in touch with ourselves we strengthen our capacity for touching the lives of others. For fifteen minutes today, practice a form of silence and going within that resonates with you, whether that's through meditation, prayer, a simple walk in the garden, or just sitting in gratitude.

Whatever the form, let the spirit of it be that of reconnecting with yourself. Use those moments of silence as a touch point through the day. Notice how the quality of your attention and interactions change as you carry that experience forward.



Day 18

Compliment Two People Today

Today is the day to think your nice thoughts out loud. Sometimes we underestimate the simple act and art of paying a genuine compliment. And yet we've all experienced how words of warmth and heartfelt admiration can lift our spirits, and rekindle faith in ourselves. So now is the time to pay that feeling forward!

Use this day's challenge as an opportunity to tune into the gifts of people around you. Whether it's a colleague, friend, family member or a stranger you cross paths with on the street, take a moment to really appreciate something about them, whether it's their smile, their attitude, their actions or even something as simple as their outfit.



Day 19 Make Someone Laugh

You've probably heard the saying "laughter is the best medicine." Well, there's a lot of evidence that this saying is actually true!

It's no coincidence that people who laugh more are happier. Bringing laughter to others can be a great joy to them, as well as yourself. Share a comic strip, a joke, or do whatever you can think of to make someone else laugh.

There are many physical and mental benefits to laughter. It can relieve tension and stress, boost your immune system, and improve your heart. A study from Vanderbilt University concluded that laughter can even burn calories!



Day 20

Share inspirational Quotes

Have you ever been in a situation where you were unhappy or discouraged? Sometimes all it takes to be revived is a little encouragement from someone who recognises that you need it, someone that can help you get away from whatever is bringing you down.

When you have a dream you don't think you can reach, it's easier to believe in yourself when someone else believes in you. You too can be a source of inspiration to those around you, by sharing little bits of encouragement with others wherever you go. You'll never know the impact a single quote could have on a person. Hopefully, sharing inspiration will encourage your friends and family, as well as strangers, to remain optimistic and do their best in their daily lives.

Write down your favorite quotes on post-it notes and leave them around your office, on the bus, in a classroom or anywhere else you think someone will see it. You could even sneak them in a loved one's lunch bag on the way out the door in the morning.

Have a wonderful day.



Day 21 - The final day of the kindness challenge Choose Your Own Kindness Adventure!

Today is a blank slate that awaits your compassion and creativity! Look around you and imagine all the different things you can do to put a smile on someone's face and a song in their hearts. Remember that you are here on this planet in an utterly unique set of circumstances.

There is no one else exactly like you in this here and now. What you choose to do with your time and energy makes a special difference that only YOU can make.

So go out and share your gifts today in any way that calls out to you.