

Random Acts of Kindness

1. Why you should try it

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 five acts of kindness in one day as a way of both promoting kindness in the world and cultivating happiness in yourself and others.

*"Kindness is the language which the deaf can hear
and the blind can see"*

MARK TWAIN

2. How to do it

One day this week, perform five acts of kindness – all five in one day

It doesn't matter if the acts are big or small, but it is more effective if you perform a **variety of acts**.

The acts **do not need to be for the same person** – the person doesn't even need to be aware of them.

Examples include: feeding a stranger's parking metre, donating blood, helping a friend with a chore, or providing a meal to a person in need.

After each act, write down what you did in at least one or two sentences.

For more of a happiness boost, also write down **how it made you feel**.

*"Generosity, love, compassion, or devotion
do not depend on a high IQ."*

JOSEPH GOLDSTEIN

3. Why it works

Researchers believe this practice makes you feel happier because it makes you think more highly of yourself and become more aware of positive social interactions.

It may also increase your kind, helpful – or “prosocial” – attitudes and tendencies toward others.

Evidence suggests that variety is key. People who perform the same acts over and over show a downward trajectory in happiness, perhaps because any act starts to feel less special the more routine it becomes.

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. "

LAO TZU



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