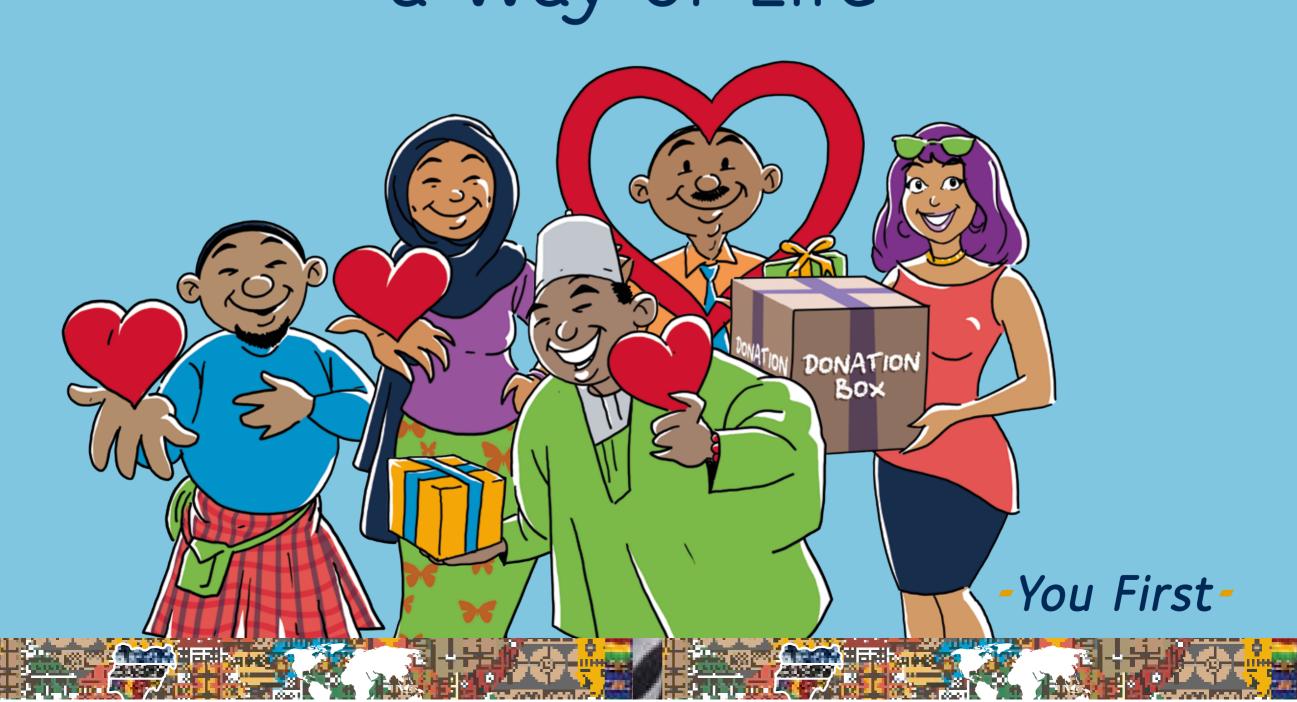




# Your Guide to Making Kindness a Way of Life







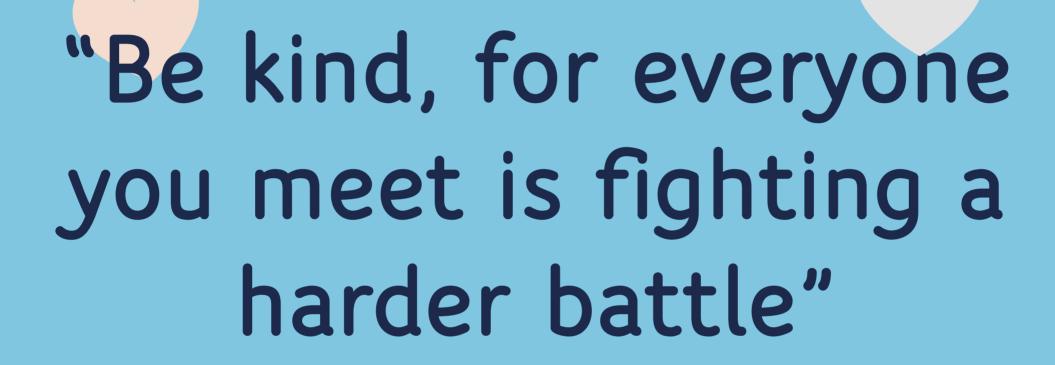
### Kindness /'kʌɪn(d)nəs/

An act of generosity, consideration, and concern towards others, without expecting praise or reward.

#BeKindHeartedToday









- Plato







We believe kindness should be endless. We believe everyone deserves to be treated with civility, compassion, and respect. And that love should be expressed every day through acts of kindness and generosity

#BeKindHeartedToday





We believe everyone should be greeted with a smile, because everyone deserves a ray of sunshine in their day





We believe we can build a world filled with kindness. All it takes is for each of us to be a little kinder everyday. Every thoughtful act is another building block in building a better, warmer, kinder world.





### Make kindness a way of life!





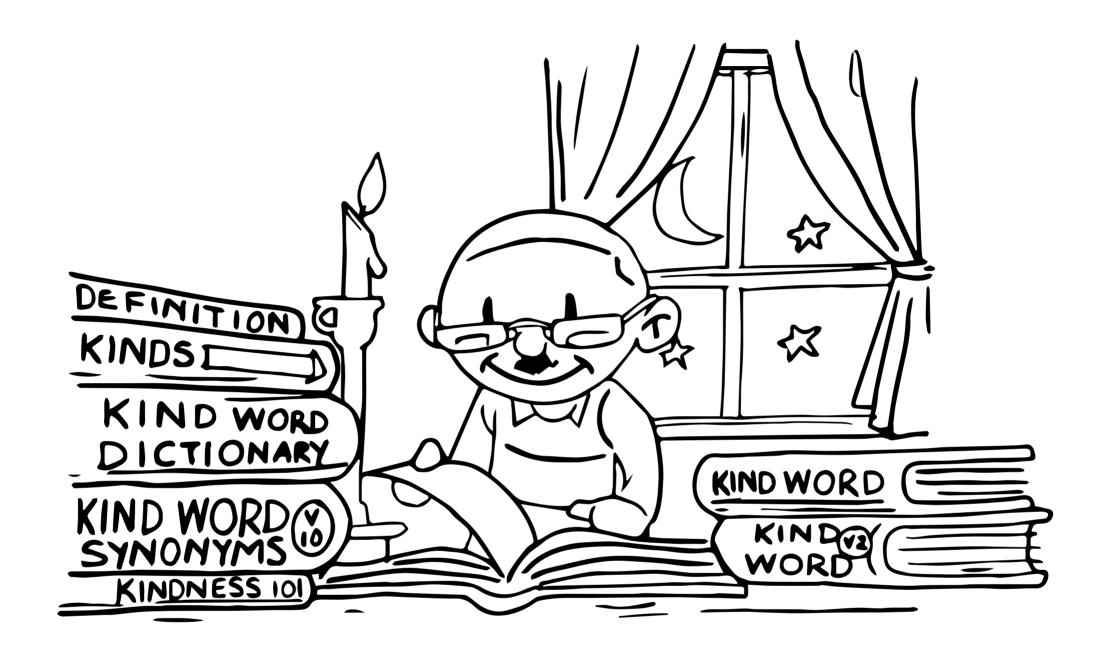
To further inspire your journey to a life of kindness- here are

# 15 simple but, thoughtful acts of kindness that will put a smile on anyone's face.

#BeKindHeartedToday







#### 1. DECIDE TO BE KIND

Kindness does not just happen; you have to consciously make efforts to be kind and act accordingly.

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Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind."

Henry James

#BeKindHeartedToday







#### 2. GIVE SOMEONE A COMPLIMENT

A genuine compliment can brighten someone's day and boost their self-confidence. Don't hold back on your compliments today.

#BeKindHeartedToday





## "A **kind** word is like a spring day."

~ RUSSIAN PROVERB

#BeKindHeartedToday







#### 3. DO SOMEONE A FAVOUR

Go the extra mile for those around you. Help out without being asked, and give without expecting anything in return.

#BeKindHeartedToday





In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us

~ Flora Edwards

#BeKindHeartedToday







#### 4. ASK SOMEONE "HOW ARE YOU?" AND MEAN IT

Ask someone how they are, and be patient enough to hear their response. Sit with them if they need a listening ear, and let them know that you truly care.

#BeKindHeartedToday





"Kind words are short and easyto speak, but their echoes are truly endless." ~ Mother Teresa







### 5. USE ANY OF THE MAGIC WORDS: PLEASE, THANK YOU, SORRY, EXCUSE ME, PARDON ME

Magic has a dazzling effect. It heals, transforms, and mends. Use these words to uplift someone today.

#BeKindHeartedToday





Kind words are worth much and cost little

~ PROVERB









#### 6. DON'T BE A SAVAGE ONLINE

Words are like daggers; they have the capacity to harm and hurt others. Use your words wisely, and make the cyberworld a kinder place.

#BeKindHeartedToday







You will accomplish more by kind words and a courteous manner than by anger or sharp rebuke, which should never be used except in necessity

~ ANGELA MERICI

#BeKindHeartedToday



#### 7. DONATE TO CHARITY

A gift to the helpless births a million smiles... don't forget to make a donation today

#BeKindHeartedToday





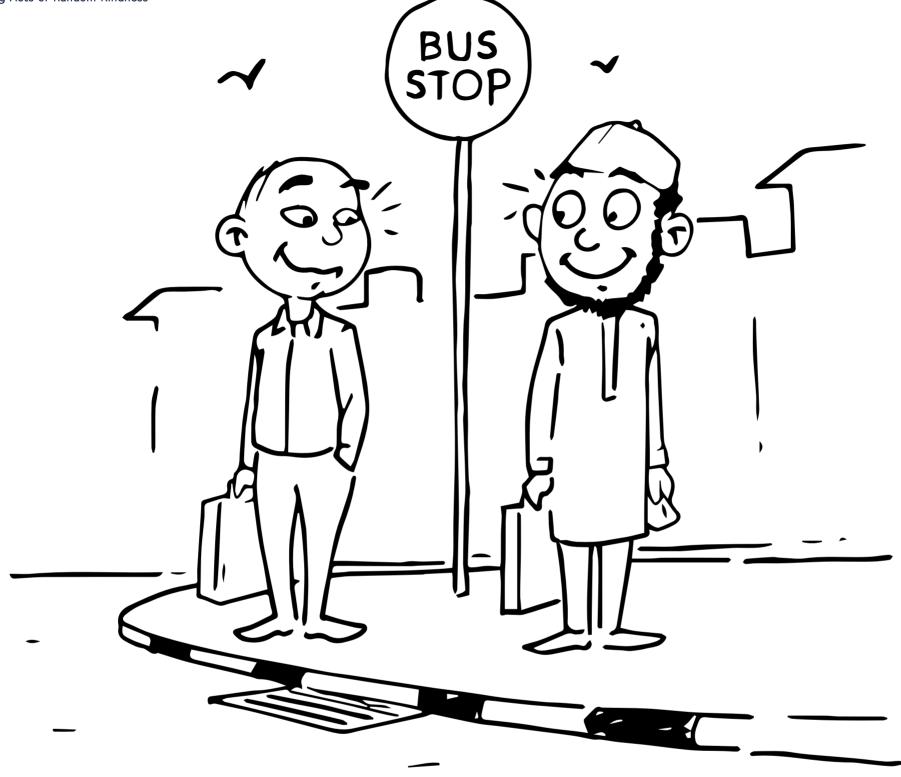
"There is no excuse better for the heart than reaching down and lifting people up."

~ JOHN HOLMES

#BeKindHeartedToday







#### 8. SMILE AT A STRANGER

A smile, no matter how little, can make cloudy days disappear. Today, put some sunshine in someone's cloudy day.

#BeKindHeartedToday





"A gentle word,
A **kind** look,
A good-natured smile can
work wonders and accomplish miracles."

~ WILLIAM HAZLITT







#### 9. HOLD A DOOR FOR SOMEONE

Holding a door for someone speaks a million words of kindness.

#BeKindHeartedToday







Be kind whenever possible. It is always possible.



~ DALAI LAMA

#BeKindHeartedToday







#### 10. RECONNECT WITH AN OLD FRIEND

Chatting with friends and reminiscing on old times can bring happy smiles to happy faces! Call a friend today.

#BeKindHeartedToday





Too often we underestimate the power of a touch, a smile, a kind word,

a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

~ LEO BUSCAGLIA

#BeKindHeartedToday







#### 11. GIVE UP YOUR SEAT FOR SOMEONE IN NEED

Giving up your seat in a public transportation may be difficult, but some people may need it more than you do. In a bid to spread an act of random kindness, look out for people who may need your seat such as an elderly person, the physically challenged or a pregnant woman.

#BeKindHeartedToday







#BeKindHeartedToday







#### 12. RESERVE JUDGEMENT AND CRITICISM

Sticks and stones might not break bones, but your words could hurt the heart. If it's not helpful, or constructive please hold back.

#BeKindHeartedToday





ALWAYS
BE
A
LITTLE
KINDER
THAN
NECESSARY

~ JAMES BARRY

#BeKindHeartedToday







#### 13. BE WELCOMING TO A NEW PERSON

If a new person joins your school, workplace, club, or fellowship, extend a warm hand of friendship to make them comfortable. Impressions are like mirrors, we get back whatever countenance we give out, go the extra mile to welcome a stranger with a gentle smile.

#BeKindHeartedToday





Kindness is more than deeds, it is an attitude, an expression, a look, a touch. It is anything that lifts another person.

~ Plato

#BeKindHeartedToday







#### 14. VOLUNTEER

We can make a difference to those around us by lending a helping hand. Nothing is too small or little, make sure you volunteer today.

#BeKindHeartedToday





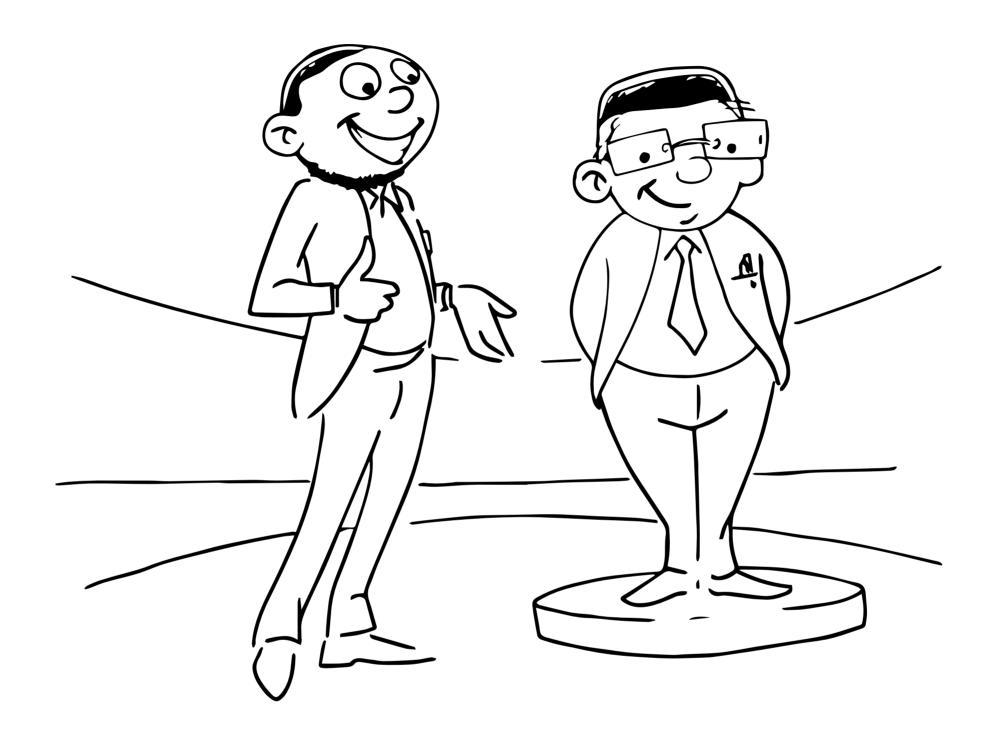
## "No Act of Kindness, No Matter How Small is Ever Wasted"

~ AESOP

#BeKindHeartedToday







#### 15. REFER SOMEONE WHO IS QUALIFIED FOR A JOB

Always be quick to refer someone who is good at what they do to anyone who may need their services. Nothing brightens a person's day more than when they are recognized for good work.

#BeKindHeartedToday







# Sometimes it takes only one act of kindness and caring to change a person's life

~ JACKIE CHAN

#BeKindHeartedToday





# Starting from now, let SPARK be your mantra and Start Performing Acts of Random Kindness.

If you have questions, comments or suggestions on more ways to make kindess a way of life, we would love to hear from you!

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