

# Random Acts of Kindness

Reflect (record in pencil if possible) on how your day went today

Date / Time

Write down acts of kindness you can do for someone in your day. Be creative, buy a stranger a coffee, compliment on a haircut, put change in a parking meter, notice their work et. Remember that kindness does not need to cost money.

Write plans for 2-5 acts of kindness and plan a day to execute them. For this exercise, the acts need to be random, no one who will be able to repay you, and they can't provide you a direct benefit(boss et.)

How did these actions affect your day? How did they affect the people you showed kindness to?

