

Acts of Kindness

Doing an act of kindness is one of the best things you can do for yourself and others. When you do something thoughtful or nice for another, the regard comes back to you in multiples. You help make a better world when you pick up trash that blows around your neighborhood. Your vacationing neighbor appreciates putting the newspapers and trash can out of site. The elderly woman at the doctor's office is thankful for your holding the door and the elevator. Your magnitude of loving and sense of happiness can grow exponentially if you do some acts of kindness as secrets. The secret act of giving can be enormously fun and fulfilling. During the holidays we sometimes play "Secret Santa" to someone in the office and leave them small gifts like a special coffee from Starbucks or perform a small task without them knowing who is doing it. Why not be a Secret Pal all year long? I know a creative and big-hearted woman who secretly goes to a friend's home and decorates the outside of it for every major holiday. She does it in the middle of the night so her friend never knows who the Secret Decorator is.

Acts of Kindness I did this week:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Secret Acts of Kindness I did this week:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____