

Feb. 14, 2023



Have you ever heard about **National Random Acts of Kindness Day**? This year it is celebrated on **February 17**. The idea behind this celebration is:

To make the world a little brighter and better through little and simple kind gestures, words, and actions.

Acts of kindness **can** make the world a **happier** place for everyone. They may also encourage others to **repeat** the good deeds they have experienced themselves – contributing to a more positive community. Haven't you found this true when driving? If someone lets you in then you tend to let someone else in. Kindness is about **generosity** and **concern** for others, but it can also be about **connection**, humanity, and equality. Anyone can be kind but, it can be just as **difficult** (and important) to **accept kindness** as it is to practice it.

People who give to others, in small and in large ways, tend to be happier and often develop more **meaningful relationships**.

Suggestions for some random acts of kindness:

- **Compliment** the first three people you talk to today.
- Send a **positive** text message to three different people today,
- Post **inspirational sticky notes** around your office or place of work.
- **Donate** old towels or blankets to an animal shelter.
- Say hi to the person next to you on the elevator.
- Let someone who only has a few items go in front of you in line.

I came across this **quote** in my research: “**A part of kindness consists in loving people more than they deserve.**” Isn't this what **Jesus** does? He loves us **more** than we deserve! How blessed we are.

Kindness is also about doing something **without expectation** of anything in return, but it **isn't** about charity (which is often a one way process of giving to those in need).

Make someone's day by a random act of kindness.