DO KINDNESS

Be a Kindness Butterfly

When you begin to experience the benefits of treating yourself and others with Kindness, you have found your Kindness Purpose, a higher purpose that goes beyond the focus of your own daily existence. When you approach your life with a genuine desire to be Kind, you are traveling down your Kindness Path, embodying Kindness in your actions and your relations with others.

Your Kindness Path Never Ends
Your Kindness Purpose Never Ends

Each time you touch someone with your own unique Kindness, you are generating a gust of wind that has the potential to increase the amount of Kindness in the world. This is called the Butterfly Effect.

Set Kindness in Motion
Keep Kindness Moving
Share Kindness Forward

For decades, people have referred to the Butterfly Effect, the mathematical probability that a small event, like the flapping of a butterfly’s wings, can cause a large event, like a hurricane. Imagine how one Act of Kindness can influence another, and then yet another Act of Kindness to occur, connecting us all in ways we never envisioned. This Butterfly Effect is also often called a Ripple Effect to convey the image of dropping small pebbles into a pond to cause a large wave.

How can you initiate the Butterfly Effect of Kindness in your life? It’s easy. Just Do Kindness for Others.

When you are Kind, you are, by definition, a Kindness Butterfly. Your Kind Act initiates a Butterfly Effect of Kindness. Your daily acts of empathy and compassion influence everyone you meet in ways you cannot imagine. The Butterfly Effect of Kindness is powerful. A simple greeting, smile, or gesture may change someone’s life. Maybe they have just had a negative experience with their boss or colleague or received bad news from a relative or friend. You will never know the positive result of your Kindness.
As a Kindness Butterfly, you take small butterfly decisions that resonate in the actions of those with whom you connect every day. For example, you might find yourself in an elevator with someone who seems very stressed and upset. The decision you make to share a smile and a conversation might change a life. You might even notice that you feel a sense of purpose and your mood is uplifted, too. With this one simple spontaneous interaction, you have just created a way for more Acts of Kindness to keep occurring.

Think back to a time when someone’s Kindness changed your attitude and really touched you and helped you out. That one small act given to you changed your perspective, and, in turn, your positive attitude rippled onto another person, and so on.

Sharing a Kind gesture can make someone feel noticed, give them a positive lift, and change their day in a positive way.

\[\text{Give the Gift of Kindness Every Day} \]
\[\text{You Will Enrich Others and Ennoble Yourself} \]
\[\text{You Will Never Run Out of Kindness} \]

\[\text{You Have an Infinite Supply} \]
\[\text{Let Kindness Ignite a Fire Within You} \]
\[\text{Inspire Others with Your Kindness Passion} \]

Ultimately, a part of the greatest good we can do in the world comes from finding ways to increase the Amount of Kindness. You will never know how far your Act of Kindness will eventually go. Your Kindness Actions will influence everyone you meet in ways you cannot imagine, and they become part of your Kindness Legacy.

The Power of the Butterfly Effect of Kindness is immeasurable. It can Make the World a Kinder Place. Your Kindness will help more butterflies to flap their wings and produce a hurricane of Kindness!