



Thoughts From The Kindness Cloud



FIND YOUR KINDNESS PATH Be A Kindness Pathfinder

We all have the capacity for **Kindness**, but we don't always act with **Kindness**. We might be so caught up in the business of our daily lives, experiencing stress and constantly feeling rushed, that we sometimes forget to pay attention to the needs of others or to look for opportunities to help others. Sometimes, we may even tell ourselves that we just don't have the time to be **Kind**.



But **Kindness** is like a muscle: the more that **Kindness** is used, the stronger it becomes. The more **Acts of Kindness** you do, the less stress and anxiety you experience. With more **Kindness**, you can make more genuine connections with others because they can sense your true feelings of compassion and empathy. With more **Kindness**, you are more likely to feel like you have a purpose. Your relationships are richer and more intimate. And, with more **Kindness**, you experience greater life satisfaction knowing that you are contributing to a **Kinder** world.

***Kindness is Not Just an Act
Kindness is an Attitude
Kindness is Who You Are***

***Kindness is Not Just a Place
Kindness is a Path
Kindness is Your Purpose***

So, how can you experience the benefits of **Kindness** and develop the habit of **Kindness**? You start by **Finding Your Own Kindness Path**.

Kindness Starts with You. When you embark on your own **Kindness Path**, you commit to practicing compassion, empathy, and generosity in your daily interactions. With daily practice, **Kindness** soon becomes a habit. The more **Kindness** you do, the more natural it becomes.



Be Kind to Yourself. Treat yourself the way you would treat another person. If you're not taking time out to be **Kind** to yourself, then it will be difficult for you to be **Kind** to others. Take time out each day to

relax, to sit quietly with a book, to take a walk in the park, or to find time for exercise, to name a few possibilities. Taking time to be **Kind** to yourself every day makes a big difference.

Be Aware of Others. Think of small changes you can make in your own daily activities that will convey **Kindness** to others. Some simple possibilities might include holding doors for people, making sure to say “please” and “thank you,” saying “have a nice day,” smiling at others, giving your seat to someone who needs it. These small **Acts of Kindness** really do make a difference. When you are aware of others around you, it is easier to know what you can do to help. **Kindness** intertwines us all.



Strengthen Your Own Empathy. Listen deeply to others during conversations. Think about what it might be like to walk in their shoes. Consider their feelings without forming judgments. Offer words of encouragement and advice, or just be a listening ear.

Examine Your Biases. It is important that we become aware of the stereotypes that prevent our ability to understand others. Notice when you form assumptions about others based on appearances, background, age, or whatever. We all have biases and the challenge is to uncover and unlearn them.

Practice Being Fully Present. When you spend time with others, try to be fully present. Avoid looking at your cellphone, multitasking, texting, taking selfies, or getting distracted by others. Make eye contact and focus on body language. Try to connect in a way that helps you feel what the other person might be going through. When you are fully present, you are making a difference by offering your compassion and empathy to another person.

Making Kindness A Habit Takes Patience. Being **Kind** is about more than having lots of time and resources. It’s about more than achieving a specific goal or accomplishing a series of tasks. It’s a commitment that we make with ourselves. By making a commitment to be **Kind**, we each will find our own unique **Kindness Path**. We each will have our own special way of doing **Kindness**.



Ultimately, the commitment to find our own **Kindness Path** moves us towards becoming a better version of ourselves. One **Kind** action at a time, we begin to experience a more fulfilling life and we realize that the possibilities for making a difference in the world are endless.

Take a **Kind Action** as a step on your **Kindness Path**. Once you complete that **Kind Action**, take another step on your **Kindness Path**. Be patient with yourself. If you go a day or two without doing **Kindness**, do more acts of **Kindness** the next day. No one is keeping score.

***Being A Kindness Pathfinder is
About Being a Better You***

With commitments from you and people everywhere, imagine how all this **Kindness** could change the world. Just picture a **Kindness Movement** that spreads and inspires everyone to be **Kind**. Envision how you can motivate others to join the **Kindness Movement**. Your commitment to finding your **Kindness Path** will be a catalyst in spreading the **Ripple Effect of Kindness**.



We all have the potential to make a difference with **Kindness**. We just must be willing to take the steps along our own **Kindness Path** as we take action to make our world a **Kinder Place**.



CERTIFICATE

OF APPRECIATION



Is Hereby Recognized as a
Kindness Pathfinder

Kindness Cloud Foundation

*Member
of the
Kindness
Movement*

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