

General

Kindness

Practicing genuine kindness fosters positive connections and emotional well-being. This approach emphasizes proactive actions, self-kindness, and balancing personal needs while creating a ripple effect of positivity.



Top 10 Teaching Points

1

Being kind entails a genuine concern for others and a willingness to act in ways that demonstrate that concern.

2

Sometimes, simply being nice is the easy way out in comparison to truly being kind to another person—but easy doesn't

3

Sometimes, being kind means to go the extra mile to support someone.

6

Kindness isn't something that can be faked or done simply out of obligation.

7

True kindness can sometimes involve hurting someone's feelings if it's necessary to help them understand something that will benefit them in the long run.

8

Sometimes, honoring our own needs is the best way to be kind to another person.

5

A helping heart is someone who genuinely takes joy from being there for you, while a helping hand is someone who shows up out of a sense of obligation.

4

Don't forget to be kind to yourself, too.

9

Keep the cycle of kindness turning by remembering that being kind to someone likely will inspire them to be kind to someone else.

10

Although your kind actions do benefit others, they do not only benefit others. Being kind is good for you, too!

KEY

TAKEAWAYS

01

Kindness vs. Niceness

02

Acts of kindness

03

Random acts of kindness

04

compassion

05

Cultivating a Habit of Kindness