

# UNLEASH YOUR POTENTIAL

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Unleash Your Potential Ltd

# 15

# RANDOM ACTS OF KINDNESS IDEAS

## Random Acts of Kindness Day

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[www.unleashyourpotential.org.uk](http://www.unleashyourpotential.org.uk)



# Did you know there are scientifically proven benefits of being kind?

Witnessing acts of kindness produces oxytocin, referred to as the ‘love hormone’ which aids in lowering blood pressure and improving our overall heart-health (New York Times 2009)

A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic—in this case, people who were generous financially, such as with charitable donations—were happiest overall.

According to research from Emory University, when you are kind to another person, your brain’s pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the “helper’s high.”

**Source: Random Acts of Kindness Foundation**

# Being kind with your time

Surprise a neighbour with freshly baked cakes or treats!

Let someone go in front of you in the queue who only has a few items.

Send a positive text message to five different people right now.

Compliment the first three people you talk to today.

Write a LinkedIn recommendation for someone with no expectation of return.

Smile at five strangers.



# Being generous financially

Leave a pound coin on a park bench or in the local laundry shop

Give a gift card to a stranger so they can treat themselves

Buy an extra coffee/tea when you're in the coffee shop and ask the shop assistant to gift it to the next customer

Buy a plant and pop it on someone's doorstep with a positive quote to make their day

When at the supermarket, buy a few extra items for the food bank or animal shelter



# Be kind to you too!

For every discouraging thought in your mind,  
think of two positives about yourself

Take time for you too - have a bath, eat your  
favourite cake, spend time with your pet

Write a list of all positive things others have said  
about you ... practice being grateful

Go for a walk in the fresh air - raining or sunny  
get out in nature and practice being mindful





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