



**TODAY I CHOOSE  
TO BE KIND.**

## **DAY.16**

**Cleverness is a gift. Kindness is a choice.**

Kindness is healing. According to Buddhism Philosophy, when something major negative happens to us, **acts of kindness** are what can heal us.

Researches shows that acts of kindness, are helping us to heal from trauma, and to release stress, as we zoom out from our troubles and worries. Acts of kindness are helping us to **overcome our ego**, better than any therapy.

We tend to obsess with our selfs, in a way that we forget that others are also important, they need us and they have troubles as well.

We are instinctually social and generous species. We need others and they need us, **but** In a world of isolation, we need regular reminders to reach out.

We don't need to plan an act of kindness. Reaching out to a colleague and make him coffee, is enough. Acts of kindness can be small or big, but they all have something in common: They don't ask anything for return. They only exist to serve.

Whatever we give we receive. If we give kindness, we get kindness, if we give hatred and envy, we get hatred and envy. Its the law of giving and receiving, and laws are consistent.

We don't need to wait for the perfect moment to reach out and do an act of kindness.

Now it's the time.

# DAY.16

Phrase of the day: 'Today I choose to be kind'.

*Please also write this phrase in your journal.*

For today, we invite you to reach out.

This practice will effectively help you release stress, quiet your monkey mind and bring you back to the present moment.

It will give you the **right perspective to things**, and your troubles.

## **PRACTICE 1:** Make 5 people's day!

1. Give a compliment to a stranger.
2. Ask someone, how you can help him with something.
3. Voluntarily give your help or your charity to someone.
4. Is there someone in your life that has some troubles right now? Call him and say that you were thinking of him. Practice **active listening** on this phone call.
5. Give a kind feedback to someone. If it's negative, be kind and empower him with suggestions on how to be better next time.

## **PRACTICE 2:**

1. Write on your journal, a kindness action plan. To whom and where you can be kind everyday?
2. Set an alarm, and everyday at this time, stop whatever you are doing and give a smile, a compliment or your helping hand to **whoever is next to you** (even if it's your pet or a plant).

Good luck!