

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #46: ANONYMOUS ACT OF KINDNESS



Amelia Earheart, an inspiration who was the first woman to fly a plane over the Atlantic Ocean, once said, "A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." What do you think she meant by this?

Choosing to be kind to others spreads positivity, love, and joy. When we decide to perform a single act of kindness, this kindness continues to spread and grow in the lives of others. As Ms. Earheart emphasized, being kind to one person might inspire that individual to be kind to others and so on.

Gratitude means showing that you are thankful. We can display gratitude by doing an act of kindness. By performing this kind act anonymously, it may surprise and brighten the other person's day; inspiring them to keep the anonymous kind acts going! You can start that chain of inspiration with these action steps today.

Practice Gratitude Today:



1. THINK ABOUT A PERSON OR A LOCATION FOR YOUR ANONYMOUS ACT OF KINDNESS. FOR EXAMPLE, MAYBE YOU WOULD LIKE TO LEAVE A KIND NOTE IN A NEIGHBOR'S MAILBOX OR MAKE A DONATION TO A SHELTER (SEE VIDEO BELOW FOR MORE IDEAS).
2. REMIND YOURSELF AS LONG AS YOU ARE SPREADING KINDNESS, IT DOES NOT MATTER HOW BIG OR SMALL THIS ACT MAY SEEM.
3. DO YOUR ANONYMOUS ACT OF KINDNESS.
4. REFLECT ON HOW IT MADE YOU FEEL TO DO THIS AND CONSIDER HOW IT MAY HAVE IMPACTED OTHERS.

Parent Practice Tip:

Encourage your child(ren) to continue incorporating kind acts into their days. By allowing them to see you perform kind acts, they may be inspired.

To Learn More:

What is Gratitude?

Ideas for Acts of Kindness

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