World Kindness Day
11.13.14

Thursday, November 13th is World Kindness Day! Thursday would be a good day to work on Tier 3 and "Pay it Forward" (pay a strangers bill; i.e. coffee, lunch, groceries, etc.)!!!

World Kindness Day was introduced in 1998 by the "World Kindness Movement", a coalition of nations and humanitarian NGOs globally. Waves Of Kindness Global Initiative promotes thoughts and acts of Kindness 'everyday'… but on this special day, may our kind intentions, words and deeds be a 'conscious' expression, appreciation and connection, with kindred hearts globally – wherever we may be in the world.

Visit http://wavesofkindness.org/ for more information ☺

Random Acts of Kindness Ideas

- ☺ Call or visit someone who is sick
- ☺ Pay someone's toll
- ☺ Smile at your co-workers today or make someone laugh
- ☺ Praise your coworkers
- ☺ Bring a toy for "Toys for Tots"
- ☺ Bring a treat for your coworkers
- ☺ Send a note of appreciation
- ☺ Give someone a vacation (offer to watch kids and let them go for a massage)
- ☺ Help an unemployed friend
- ☺ Give someone a hug
- ☺ Share your umbrella
- ☺ Be polite online
- ☺ Let someone go in front of you (driving or while waiting in a line)
- ☺ Be patient if someone is going 20 MPH in a 40 MPH zone

For more ideas on random acts of kindness visit: http://www.randomactsofkindness.org/

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"Welcome to the Ego Repair Hotline!
Press 1 for 'Hey, you look great today!'
Press 2 for 'How did you get to be so smart?'
Press 3 for 'I wish I was more like you!'"

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