



red dandelion
COACHING

RANDOM ACTS OF KINDNESS

We live in a fast-paced world and sometimes we become so engrossed in what we're doing that we forget / miss / overlook that all around us there are people just waiting to be noticed, loved and made to feel special. A small gesture can go a long, long way to make people feel better. There is also magic in kind acts. I believe that when you do something really nice for someone, your gift of kindness comes back to you in some way. Sometimes it's instant: like a smile that is returned. Sometimes it comes back out of the blue.

A few years ago, Danny Wallace started "Good Fridays". He asked people to join him in being nice to someone on Fridays for absolutely no personal gain whatsoever. And that it wasn't just about being kind, it was also about having fun too. Thousands joined in his 'random acts of kindness' and he wrote about it in: "Join Me: the true story of a man who started a cult by accident" He writes: "People of all faiths and no faith – of all political persuasions and not at all – all joined together just to be nice. Because being nice is... well... it's nice"

Would you like to join in too? Doing small random acts of kindness during January to get us all through the blues? I hope so! Here are some ideas:

Smile! Share a smile with people walking in the streets, in the parks, or on the beach. Smile at the person in the car next to you in the same traffic jam. Smile at the doctor's receptionists (why do they always look so glum?), and to the supermarket check-out lady, and the bank clerk. Smile at tots in buggies and anyone who looks down-in-the-dumps. You're almost guaranteed to get a smile back.

Compliments and praise. What's good, pleasant, nice, interesting, amazing or fascinating about your family, friends and workmates? Tell them how special it is and how nice it is that they are in your life.

Cards. We send more cards than any other country in the world (even more than the USA) – but you know how nice it is when you receive one. So send some out to your friends and maybe even a distant relative or neighbour?

Red Dandelion • flat 8 • 65 buxton road • weymouth • dorset • DT4 9PL • UK
telephone 01305 772220 • email jennie@reddandelion.co.uk • www.reddandelion.co.uk

Tips for a Tiptop Life may be distributed freely as long as there are NO CHANGES in anyway to the format or content.



red dandelion
COACHING

Pay for something for a stranger. Buy a drink for the person next to you in the queue. Pay the road toll for the car behind you. Put a pound in the car parking meter that you notice is just about to expire (especially if the warden is around!). Buy a coffee from Starbucks for someone living on the streets. Buy an umbrella and give it to someone getting soaked. Buy a helium balloon and give it to the first person you see.

What else? I'm sure there are lots of small things you can think of. Random. Fun. Nice. If you join in, do share with me some of your stories and I'll include them in next month's Tip.

Be nice to yourself too

Help yourself get through this month by being nice to yourself too. In January everyone's energy levels are low. This is not the time to push yourself to the limit nor expect yourself to pull a rabbit out of the hat (that can wait until the Spring!). See yourself as a very special person (because you are – you are unique, special and amazing) then treat yourself as you would treat someone else you thought was that special too.

Be nice to our planet

Use less staples. If everyone used just one less staple a day it would save 120 tonnes of steel (source: earthpeace.co.uk) Isn't that amazing? Just one less staple a day. I'm sure we could all do that too!

Red Dandelion • flat 8 • 65 buxton road • weymouth • dorset • DT4 9PL • UK
telephone 01305 772220 • email jennie@reddandelion.co.uk • www.reddandelion.co.uk

Tips for a Tiptop Life may be distributed freely as long as there are NO CHANGES in anyway to the format or content.