

JUNE: JUST BE KIND!

We know that being kind can make a difference but CONSCIOUS KINDNESS has huge benefits for the giver and receiver. So the challenge is to shift up a gear and PLAN deliberate and conscious acts of kindness to give you and your team a real boost. Win:Win

				1 st "In a world where you can be anything – BE KIND."	2 nd Plan your acts of kindness for the coming week. At least one each day.	3 rd Sign up for something to do in the summer. E.g. sponsored event, or volunteering,	4 th Make conscious kindness a habit. Create a neural pathway by repeating at least 21 times
5 th "A single act of kindness throws out roots in all directions" Amelia Earhart	6 th . Hunt for your spare change and put in all in the first charity box you come across.	7 th Decide to be a "Knight of the Road." Let people in the queue before you.	8 th Write a list of people you need to remember to thank. Then do it!	9 th Invite someone to lunch. Cook their favourite food.	10 th Have a sort out and make up a bag of things you could donate. Take it to a charity shop.	11 th Consciously walk with your head up and choose to share smiles – watch them spread!	12 th Find one quote about KINDNESS and share it with as many people as you can. Texts, cards, emails etc
13 th Give a helping hand. Look for someone who is struggling and help them.	14 th Pass on a book that you have enjoyed reading.	15 th Do a job that you know someone else hates doing.	16 th Look back at all your kind acts and think how it made you feel to plan them and to deliver them.	17 th Get together with a group and plan a fundraiser.	18 th Start or end every conversation with a kind word. Leave a positive comment on social media.	19 th Write a post-it to boost someone's mood.	20 th "Sometimes it can take only one act of kindness to change someone's life" Jackie Chan
21 st Ask us about our workshops on Creating a Positive, Kind working Culture	22 nd Write an email to congratulate people on their successes this week.	23 rd Remember to be kind to yourself. Talk nicely to yourself and plan treats to make you happy.	24 th Make something to share with others.	25 th "Happiness is not something ready made. It comes from your own actions." Dalai Lama	26 th Add to the wave of kindness. Tell people what you have noticed when you and others are kind.	27 th Notice others and help someone before they ask you.	28 th Create a compliment shower for those you know and for strangers you encounter today.
29 th If you have good service in a shop / café etc. pass on the praise to a manager.	30 th Make a voucher for your time and give it to someone. Free gardening, babysitting, baking etc	We work with teams to increase effectiveness, success and well-being. Please get in touch if you think we could be part of your next step.			SIGNPOST COACHING SERVICES 07909808220 welcome@signpostcoaching.co.uk		"No act of kindness, no matter how small, will ever be wasted." AESOP

