



# Embrace Compassion and Kindness

How to Create the World You  
Want to Live in by Being Nice

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 Giving Jesus

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# Introduction

# Introduction

Hello! Thank you so much for picking up *Embrace Compassion & Kindness*. This eBook is all about helping you to discover the importance of kindness and compassion, along with some fun and easy ideas to get you started on sharing kind acts every day.

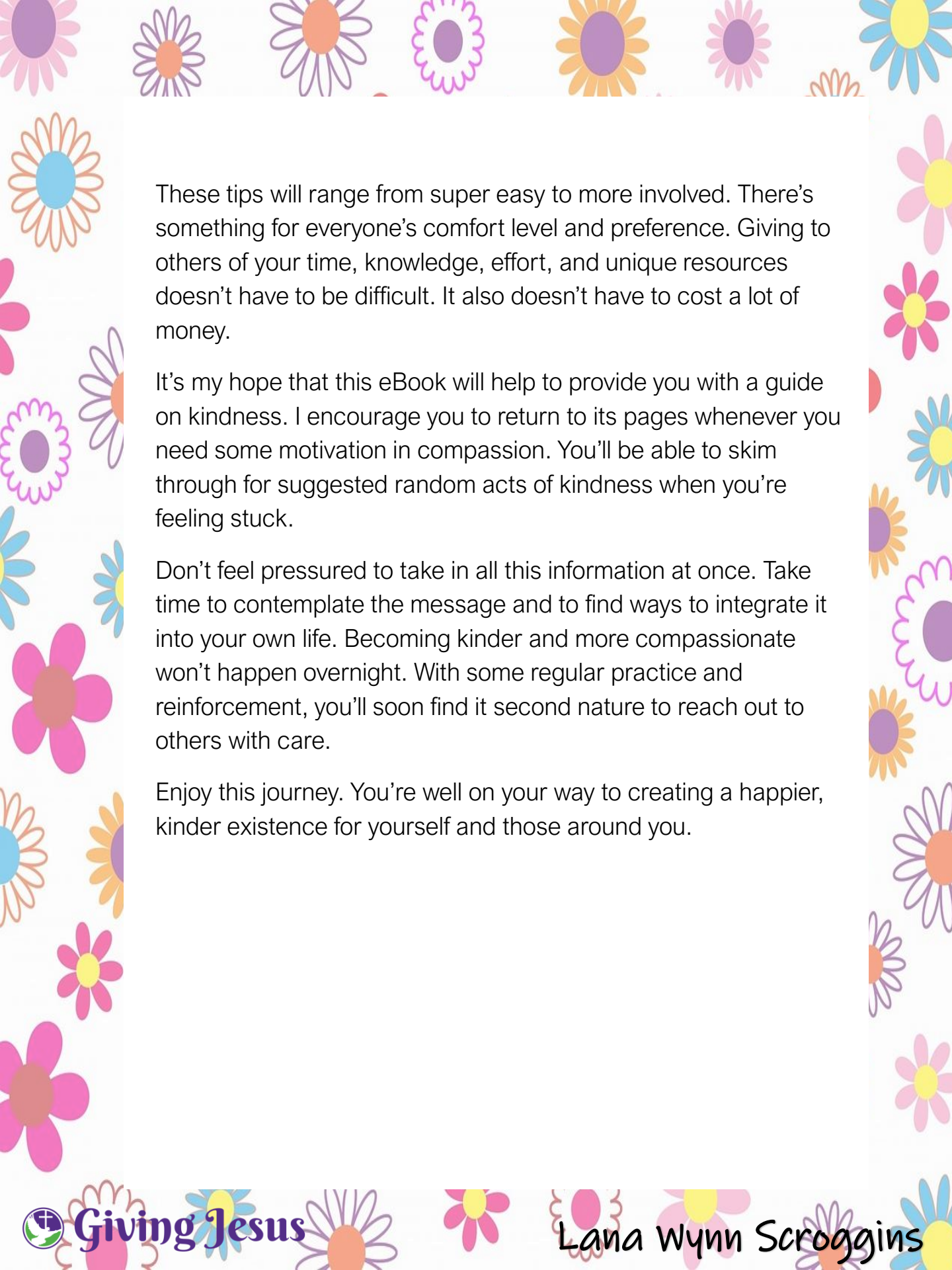
The first chapter looks at the ideas of kindness and compassion. It will delve deeper into what each means and why they matter. Reaching out to others in a positive way is especially important in modern times. Life is busier, and people are divided.

We'll also look at ways putting goodness out into the world can make a difference. You never know a person's story or what they're going through. Taking time to be generous can truly change a person's outlook or situation. In these times, particularly, people need to connect in this way. Kindness builds bonds, which can work to counteract current divides.

The next chapter takes a bit of a turn. Rather than focusing on the rest of the world, you'll be encouraged to focus on yourself. This is something that can be so difficult for many of us. We're programmed to take care of the needs of others. We're often told that meeting our own needs is selfish.

This couldn't be further from the truth. Being kind and compassionate toward yourself is absolutely necessary. It gives you the energy and positivity to be able to help others. It also provides you with a number of benefits that aid in your overall success and happiness.



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These tips will range from super easy to more involved. There's something for everyone's comfort level and preference. Giving to others of your time, knowledge, effort, and unique resources doesn't have to be difficult. It also doesn't have to cost a lot of money.

It's my hope that this eBook will help to provide you with a guide on kindness. I encourage you to return to its pages whenever you need some motivation in compassion. You'll be able to skim through for suggested random acts of kindness when you're feeling stuck.

Don't feel pressured to take in all this information at once. Take time to contemplate the message and to find ways to integrate it into your own life. Becoming kinder and more compassionate won't happen overnight. With some regular practice and reinforcement, you'll soon find it second nature to reach out to others with care.

Enjoy this journey. You're well on your way to creating a happier, kinder existence for yourself and those around you.



# The Importance of Kindness & Compassion in Today's World

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In a world of political strife and divisiveness, kindness and compassion are more important than ever.

People around the globe seem to be more polarized in their beliefs, which is leading folks to become isolated and disconnected.

**Bonds are more difficult to achieve.**

More kindness and compassion among people could truly go far in making a difference and allowing people to connect more fully.

Before we move on to talk in-depth about why these concepts are so very important in today's climate, I think we need to have a solid understanding of what each means.

People tend to use the terms "kindness" and "compassion" interchangeably. While they are related and similar in meaning, there is a difference.

Let's delve into those differences and what each term really means.



## About Kindness

Kindness involves being friendly, generous, and considerate to someone else. This is particularly true when the recipient is going through a difficult time, struggling, or in distress. Kindness is an activity, action, or deed. It's something you perform toward or on behalf of someone else.

Kind is also a characteristic. It's a quality. A kind person is benevolent and has the best interests of others in mind. When you are kind, you have care for other people and animals.

## About Compassion

Compassion goes deeper than kindness. You can be kind without having compassion. A compassionate person understands the suffering of another, and they want to alleviate that discomfort. Compassion compels someone to empathize with another person and to actually feel what they might be going through.

Kindness usually involves action, while compassion centers around feelings. These feelings come along with the concept of mercy. With compassion comes a desire to show mercy or benevolence upon another. Compassion often compels acts of kindness, though this doesn't have to be the case. It is possible to act kindly out of social obligation or some other motivation, rather than through a true sense of compassion.

Finally, being compassionate doesn't mean you have to feel any sort of personal attachment or connection to another, beyond the fact that they are a human being. You recognize their humanity. Compassion doesn't require that you like the person or even look positively upon them, merely that you feel mercy and empathy toward them.





## Compassion can be Learned

We've already discovered that kindness and compassion can be contagious. When people witness or are recipients of such acts, they often are motivated to pass on the good will. These are also skills that can be learned.

Treating yourself with gentleness and care demonstrates this concept to others. They can witness you cutting yourself slack, taking time for your own self-care, and giving yourself praise. This is something quite powerful that many of us likely underestimate.

We often teach others how to treat us through our actions. By being merciful and generous to ourselves, others will see that we know our worth. They'll be inclined to treat us in a similar vein.

Most people are good at heart. However, even those who love and care about us can sometimes slip into patterns of taking us for granted or acting insensitively toward us. When you demonstrate self-compassion, you show them through your actions the way you wish to be treated and what you know yourself to be worth. This message is relayed in subtle and not-so-subtle ways.

People will pick up on it, and they'll respond accordingly. You'll likely notice that others treat you with more respect and consideration when you begin to embrace this treatment of yourself.

Your newly gained self-love can also serve as a lesson or model for the people you encounter. As those in your circles begin to notice the compassion you show yourself on a regular basis, they will probably internalize that lesson. Remember, kindness is contagious. So is self-kindness. Your associates can learn to treat themselves more gently by simply following your example.



## Kindness and Compassion Today

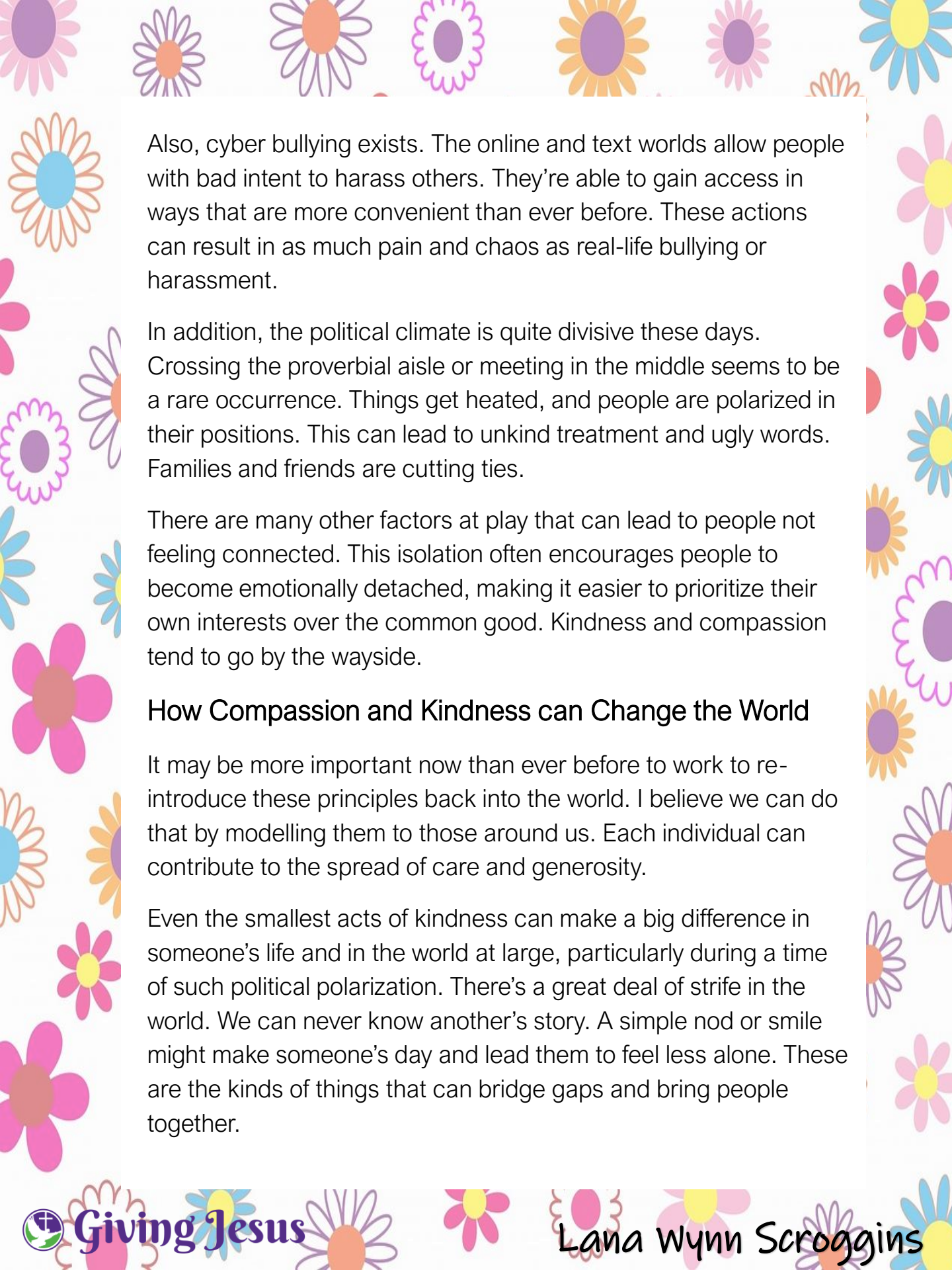
Both kindness and compassion are innate human traits. Some people have a greater natural leaning toward these qualities than others do, but in general, we want to help each other. It's not unusual to hear people lament about "the good old days when people used to care about each other." I don't believe we've completely lost that ability to care, nor the human connection as a society. It does seem, however, that factors of modern times have made it easier to be lacking in these traits and to avoid reaching out to others.

Many believe that the existence of modern technology has played a role in keeping people from creating close bonds of care and concern. Social media allows individuals to be "friends" online, but some folks feel this type of interaction doesn't allow real, intimate closeness to develop. They may also blame cell phones and texting for a lack of real-life human face time.

These points may have some validity. People frequently have their faces buried in a screen, seemingly in preference to spending time together in real life. This could be a matter of convenience or simply due to the ways in which the devices and platforms have evolved within modern society. Some folks may believe the reduction of in-person meetings has led to a lack of care.

In addition, it can be easy for people to hide behind their screens. They make unnecessary rude or critical comments. Individuals lacking in empathy seek to wreak havoc online with their actions. Others are simply emboldened by the anonymity these types of platforms offer. They say things they might never say in real life.



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Also, cyber bullying exists. The online and text worlds allow people with bad intent to harass others. They're able to gain access in ways that are more convenient than ever before. These actions can result in as much pain and chaos as real-life bullying or harassment.

In addition, the political climate is quite divisive these days. Crossing the proverbial aisle or meeting in the middle seems to be a rare occurrence. Things get heated, and people are polarized in their positions. This can lead to unkind treatment and ugly words. Families and friends are cutting ties.

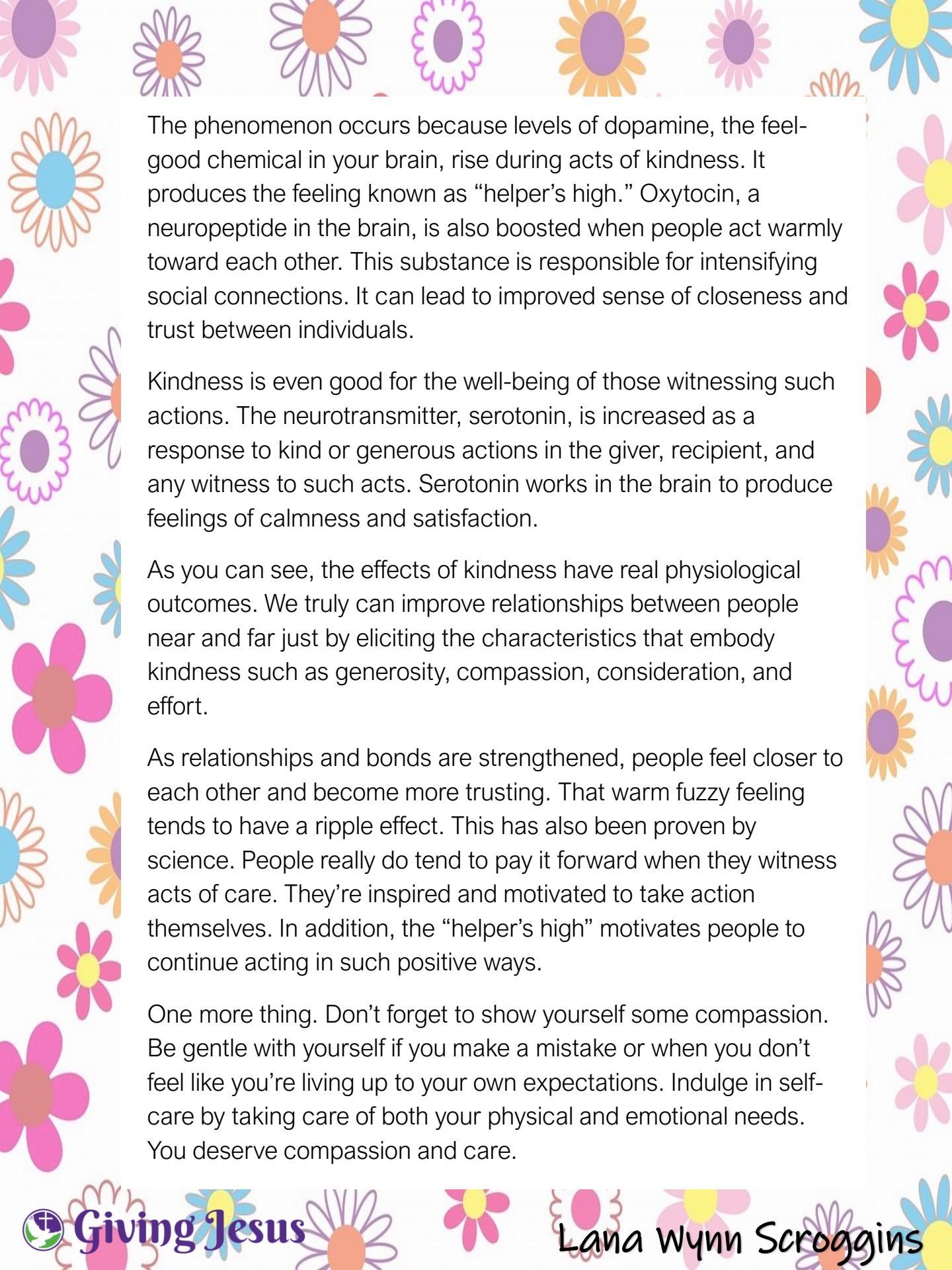
There are many other factors at play that can lead to people not feeling connected. This isolation often encourages people to become emotionally detached, making it easier to prioritize their own interests over the common good. Kindness and compassion tend to go by the wayside.

### **How Compassion and Kindness can Change the World**

It may be more important now than ever before to work to re-introduce these principles back into the world. I believe we can do that by modelling them to those around us. Each individual can contribute to the spread of care and generosity.

Even the smallest acts of kindness can make a big difference in someone's life and in the world at large, particularly during a time of such political polarization. There's a great deal of strife in the world. We can never know another's story. A simple nod or smile might make someone's day and lead them to feel less alone. These are the kinds of things that can bridge gaps and bring people together.



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The phenomenon occurs because levels of dopamine, the feel-good chemical in your brain, rise during acts of kindness. It produces the feeling known as “helper’s high.” Oxytocin, a neuropeptide in the brain, is also boosted when people act warmly toward each other. This substance is responsible for intensifying social connections. It can lead to improved sense of closeness and trust between individuals.

Kindness is even good for the well-being of those witnessing such actions. The neurotransmitter, serotonin, is increased as a response to kind or generous actions in the giver, recipient, and any witness to such acts. Serotonin works in the brain to produce feelings of calmness and satisfaction.

As you can see, the effects of kindness have real physiological outcomes. We truly can improve relationships between people near and far just by eliciting the characteristics that embody kindness such as generosity, compassion, consideration, and effort.

As relationships and bonds are strengthened, people feel closer to each other and become more trusting. That warm fuzzy feeling tends to have a ripple effect. This has also been proven by science. People really do tend to pay it forward when they witness acts of care. They’re inspired and motivated to take action themselves. In addition, the “helper’s high” motivates people to continue acting in such positive ways.

One more thing. Don’t forget to show yourself some compassion. Be gentle with yourself if you make a mistake or when you don’t feel like you’re living up to your own expectations. Indulge in self-care by taking care of both your physical and emotional needs. You deserve compassion and care.



# The Change Starts with You

# The Change Starts with You

As you saw in the previous chapter, kindness and compassion are incredibly powerful. They have the potential to do so many good things, from bringing happiness to improving relationships. When you offer good will to others, the effects can be remarkable. So, why not show yourself that same kind of grace?

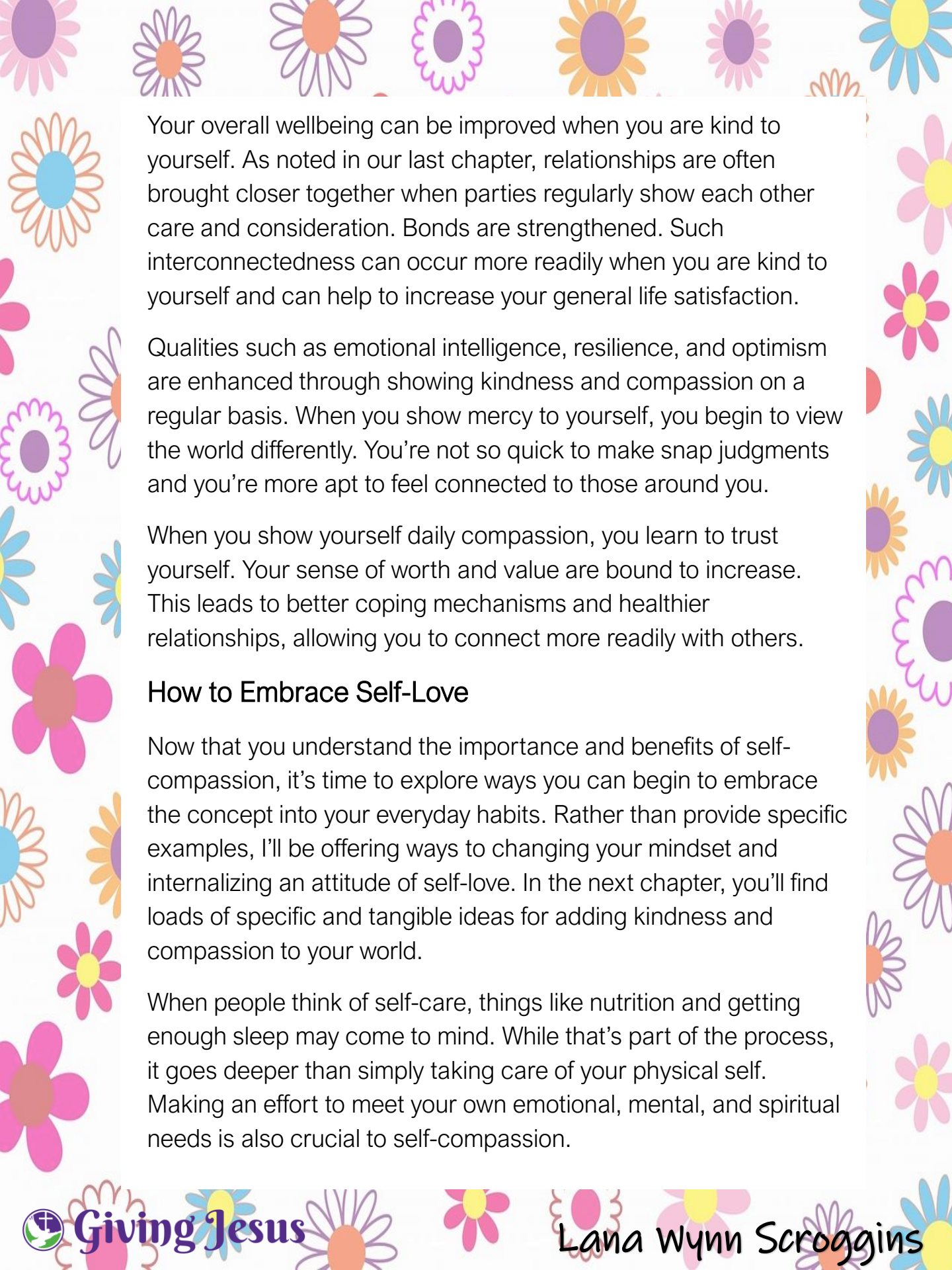
Self-compassion involves treating yourself as you would someone you care about. It means showing yourself kindness rather than criticism. Self-acceptance is also part of this process. You're a worthwhile human being and have much to offer the world. You deserve to treat yourself as such. Let's delve a bit deeper into what it means to be kind to yourself and why it's so important. I'll also share tips for how to increase your self-compassion and kindness.

## Be Kind to Yourself

Just as being kind and compassionate toward others can have profound effects, the same outcomes are possible when you offer yourself such consideration. When you cut yourself some slack and provide yourself with ample praise, you'll discover your entire mood and attitude may shift.

Research has demonstrated a number of positive outcomes that are associated with self-compassion. Those who are less critical of themselves tend to experience less anxiety and depression. Being gentler on yourself allows you to let go of perfectionism and fear of failure.



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Your overall wellbeing can be improved when you are kind to yourself. As noted in our last chapter, relationships are often brought closer together when parties regularly show each other care and consideration. Bonds are strengthened. Such interconnectedness can occur more readily when you are kind to yourself and can help to increase your general life satisfaction.

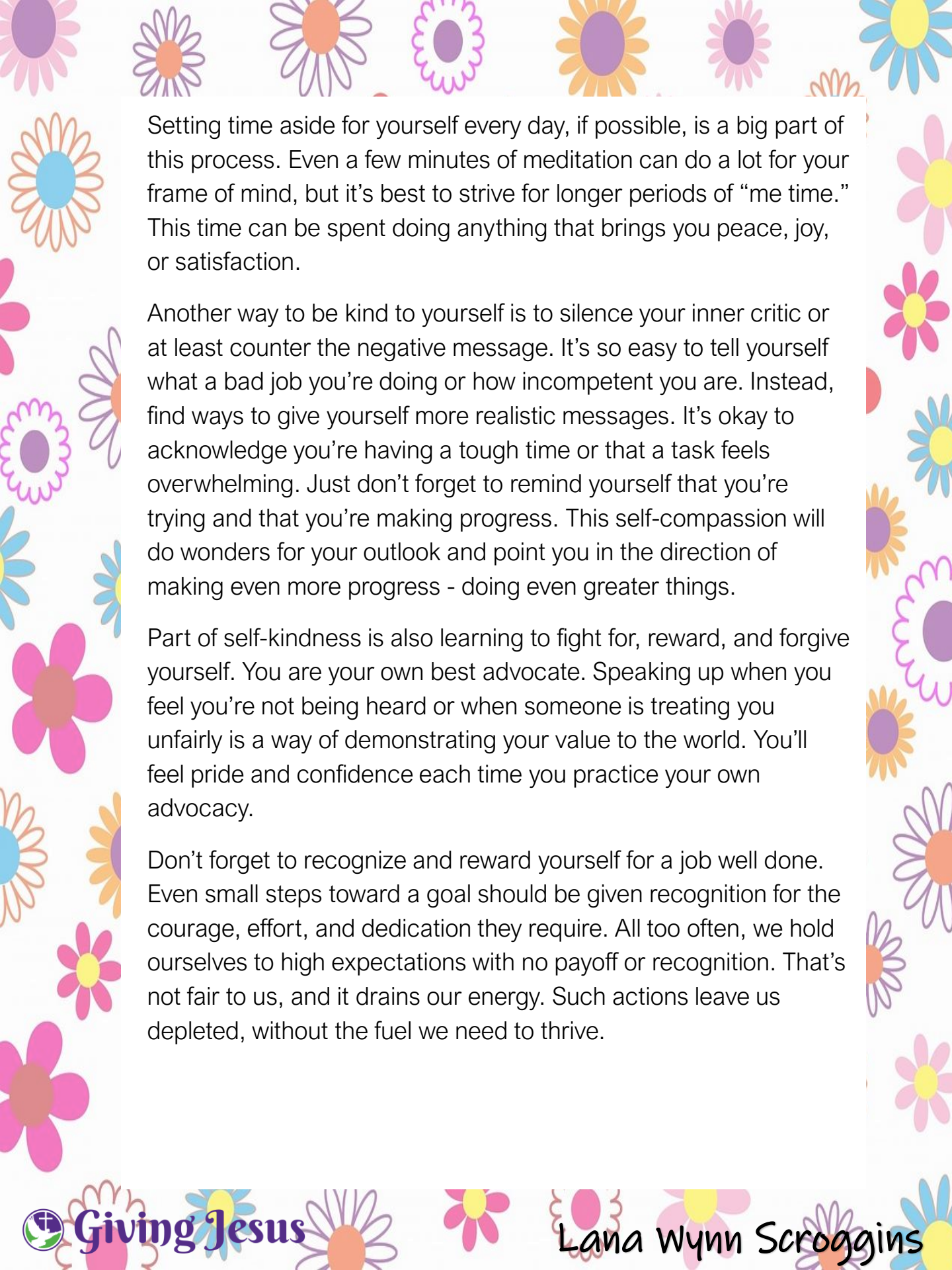
Qualities such as emotional intelligence, resilience, and optimism are enhanced through showing kindness and compassion on a regular basis. When you show mercy to yourself, you begin to view the world differently. You're not so quick to make snap judgments and you're more apt to feel connected to those around you.

When you show yourself daily compassion, you learn to trust yourself. Your sense of worth and value are bound to increase. This leads to better coping mechanisms and healthier relationships, allowing you to connect more readily with others.

### **How to Embrace Self-Love**

Now that you understand the importance and benefits of self-compassion, it's time to explore ways you can begin to embrace the concept into your everyday habits. Rather than provide specific examples, I'll be offering ways to changing your mindset and internalizing an attitude of self-love. In the next chapter, you'll find loads of specific and tangible ideas for adding kindness and compassion to your world.

When people think of self-care, things like nutrition and getting enough sleep may come to mind. While that's part of the process, it goes deeper than simply taking care of your physical self. Making an effort to meet your own emotional, mental, and spiritual needs is also crucial to self-compassion.

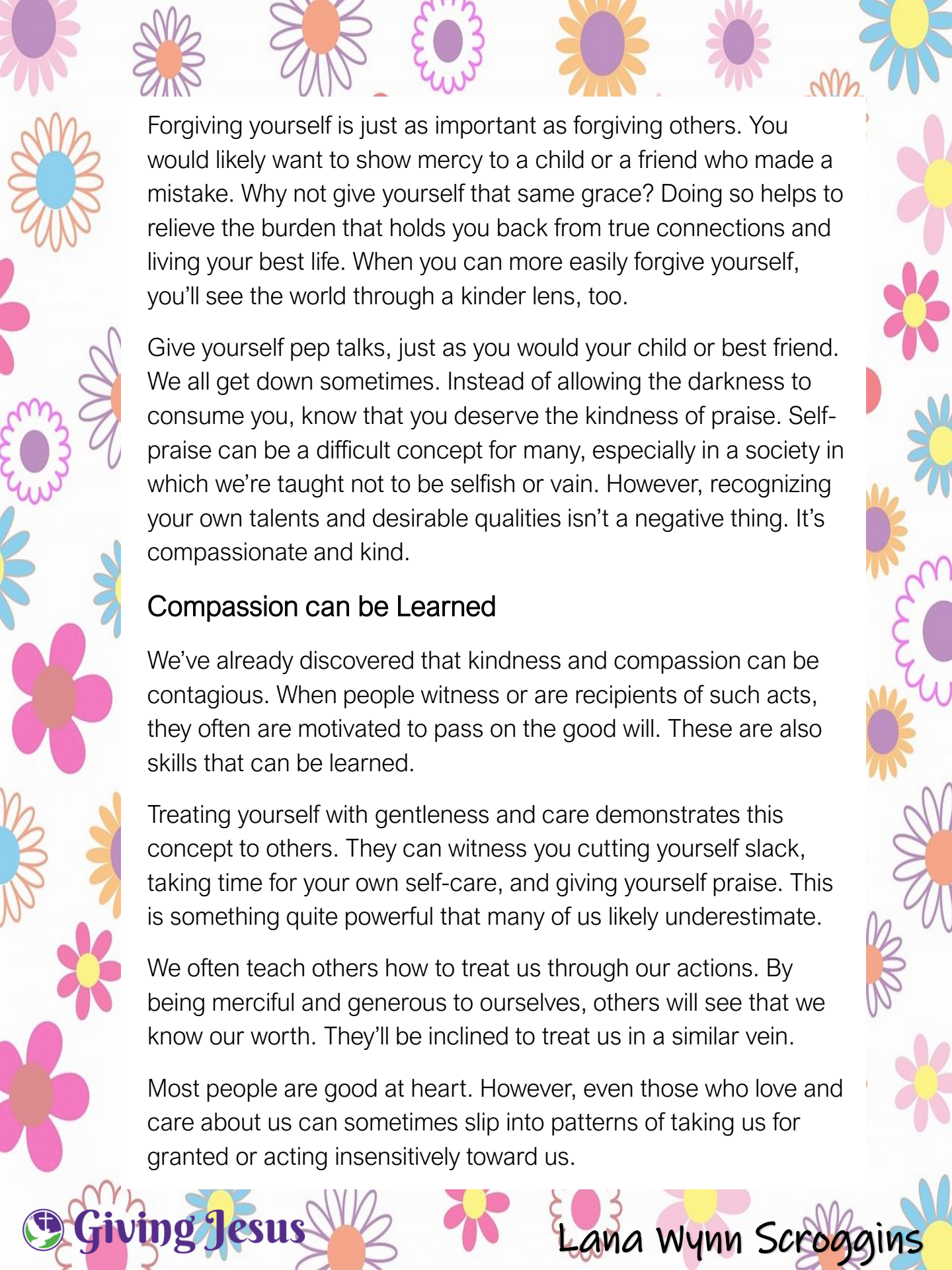
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Setting time aside for yourself every day, if possible, is a big part of this process. Even a few minutes of meditation can do a lot for your frame of mind, but it's best to strive for longer periods of "me time." This time can be spent doing anything that brings you peace, joy, or satisfaction.

Another way to be kind to yourself is to silence your inner critic or at least counter the negative message. It's so easy to tell yourself what a bad job you're doing or how incompetent you are. Instead, find ways to give yourself more realistic messages. It's okay to acknowledge you're having a tough time or that a task feels overwhelming. Just don't forget to remind yourself that you're trying and that you're making progress. This self-compassion will do wonders for your outlook and point you in the direction of making even more progress - doing even greater things.

Part of self-kindness is also learning to fight for, reward, and forgive yourself. You are your own best advocate. Speaking up when you feel you're not being heard or when someone is treating you unfairly is a way of demonstrating your value to the world. You'll feel pride and confidence each time you practice your own advocacy.

Don't forget to recognize and reward yourself for a job well done. Even small steps toward a goal should be given recognition for the courage, effort, and dedication they require. All too often, we hold ourselves to high expectations with no payoff or recognition. That's not fair to us, and it drains our energy. Such actions leave us depleted, without the fuel we need to thrive.

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Forgiving yourself is just as important as forgiving others. You would likely want to show mercy to a child or a friend who made a mistake. Why not give yourself that same grace? Doing so helps to relieve the burden that holds you back from true connections and living your best life. When you can more easily forgive yourself, you'll see the world through a kinder lens, too.

Give yourself pep talks, just as you would your child or best friend. We all get down sometimes. Instead of allowing the darkness to consume you, know that you deserve the kindness of praise. Self-praise can be a difficult concept for many, especially in a society in which we're taught not to be selfish or vain. However, recognizing your own talents and desirable qualities isn't a negative thing. It's compassionate and kind.

### **Compassion can be Learned**

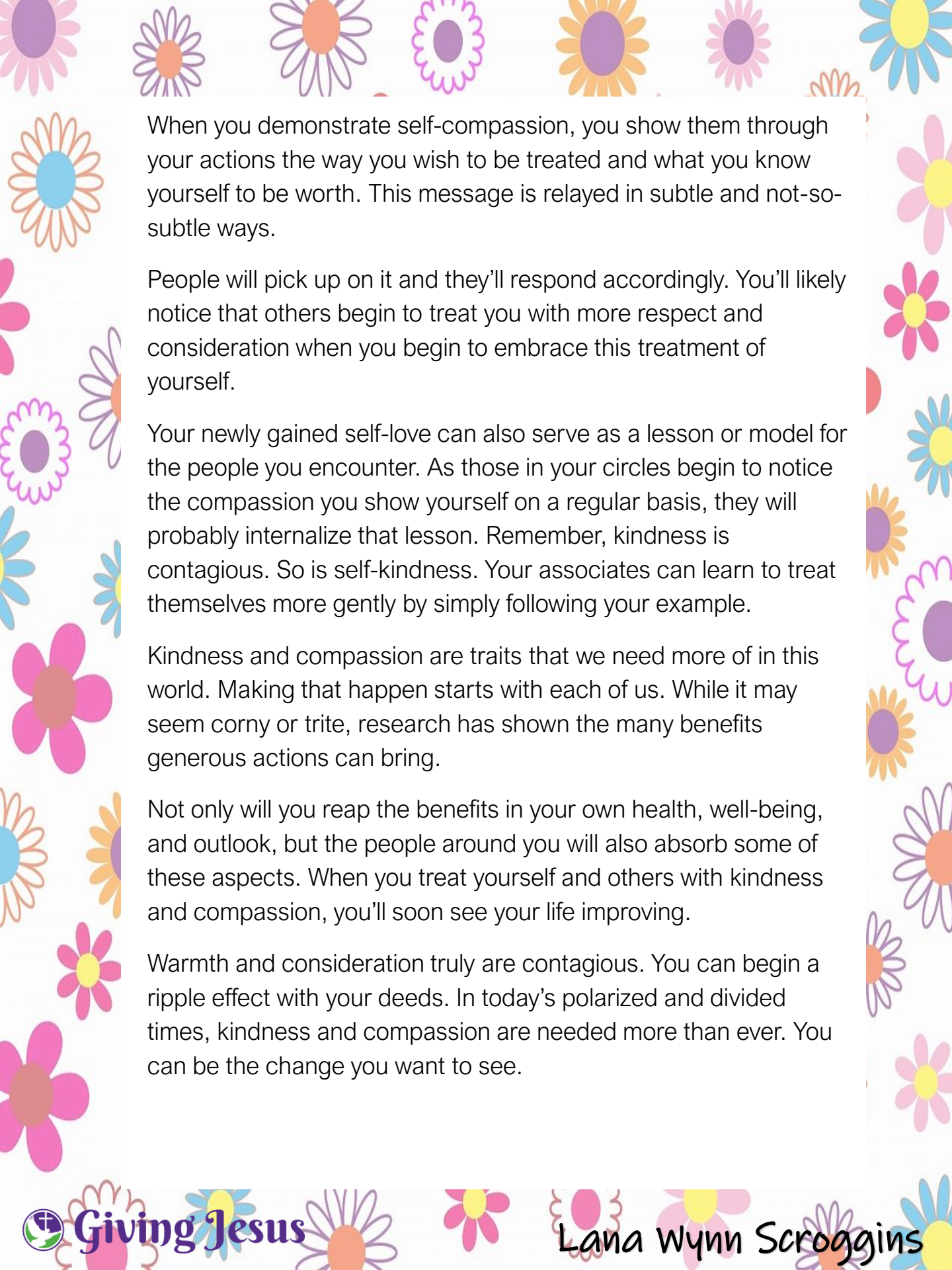
We've already discovered that kindness and compassion can be contagious. When people witness or are recipients of such acts, they often are motivated to pass on the good will. These are also skills that can be learned.

Treating yourself with gentleness and care demonstrates this concept to others. They can witness you cutting yourself slack, taking time for your own self-care, and giving yourself praise. This is something quite powerful that many of us likely underestimate.

We often teach others how to treat us through our actions. By being merciful and generous to ourselves, others will see that we know our worth. They'll be inclined to treat us in a similar vein.

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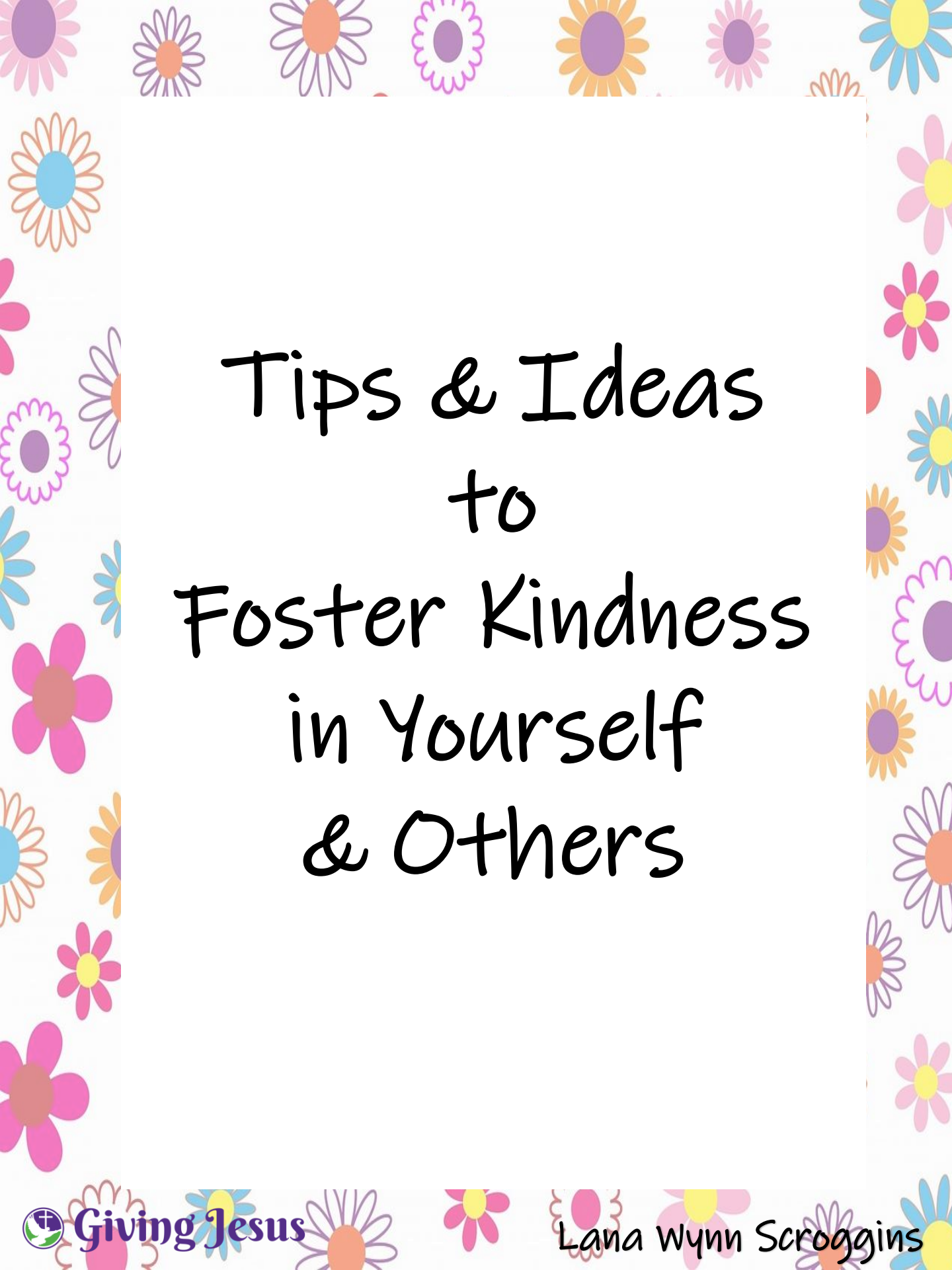
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Kindness and compassion are traits that we need more of in this world. Making that happen starts with each of us. While it may seem corny or trite, research has shown the many benefits generous actions can bring.

Not only will you reap the benefits in your own health, well-being, and outlook, but the people around you will also absorb some of these aspects. When you treat yourself and others with kindness and compassion, you'll soon see your life improving.

Warmth and consideration truly are contagious. You can begin a ripple effect with your deeds. In today's polarized and divided times, kindness and compassion are needed more than ever. You can be the change you want to see.



Tips & Ideas  
to  
Foster Kindness  
in Yourself  
& Others

# Tips & Ideas to Foster Kindness in Yourself & Others

Now comes the fun part. I want to be sure to offer you some real and tangible ways you can foster kindness in yourself and in others. There are countless ways you can spread good will, care, and generosity. These don't have to cost a lot of money or require great time demands. Even the simplest gesture can have a big impact.

What matters is that you offer them up consistently. By regularly doing kind deeds and showing compassion, you'll develop a habit that can become lifelong. The more goodness you spread, the more lives can be touched. Truly, just think of the possibilities.

These suggestions are in no particular order. Some will be things you can do to brighten someone else's day. Others are meant specifically for your own benefit. Remember, self-compassion is every bit as important as that which you show to others.

Let's get started with our list!



## Smile at Others

The power of a simple smile is sorely underestimated these days. We're all in a hurry and wrapped up in what we have to do next. Believe me, I get it. However, getting in the habit of offering a genuine smile toward those you meet can make a real difference. You never know what another is going through. This small gift can brighten their day and show them someone cares.

## Leave Little Notes

Short notes of encouragement are always appreciated, by strangers and loved ones alike. When you're pressed for time, a little love note slipped in your partner's pocket might be just the sweet surprise they need to get them through a dreary afternoon. Some folks like to leave sticky notes on public restroom mirrors. These can be body-positive messages or a note of affirmation that the recipient is worthwhile. Your colleague would almost definitely appreciate a quick email letting them know how much you appreciated their help on a big project.

## Give a Compliment

Even better than a note is the spoken word. Dropping a sincere compliment to folks throughout your day is a nice way to spread kindness. It may be stepping out of your comfort zone, but that's part of the process. Putting yourself out there in some small way is a requirement of showing care, generosity, and compassion to others. Start small by telling someone close to you what you like about them or how they've improved your life. You can also just tell a stranger you think their shoes are cute. As long as it's sincere, a kind compliment will almost always be well-received.

## Share Food

Food is something that can definitely bring people together. It's a social practice, and it provides physical nourishment. Sharing a dish, especially when someone is having a difficult or busy time in their life, is a kindness that will be remembered by the recipient well into the future. Perhaps you have a sick or elderly neighbor who can't get out much.

Or maybe someone you know just had a baby or lost a close relative. These are always times to consider offering to help provide a meal.

You may even want to look beyond your personal circle to find ways you can help feed those less fortunate in your community. Donating to a food bank or volunteering in a soup kitchen are ways to help folks in need.

## Invest in Yourself

A good way to show yourself some love is to invest time or resources into things that are important to you. When you give to yourself, you're filling up your energy reserves and nourishing your own spirit.

As we've discussed, this is crucial to making a difference in your life and in those around you. It can be any type of investment. Take time to take a class to learn something that always interested you. Schedule a movie night or get-together with friends. Go to a movie by yourself or hike in the woods.

It doesn't matter - as long as the activity is something that refreshes you and that you enjoy.



## Learn Your Loved Ones' Preferences

Take time to learn the preferences of the ones you love. This could be their favorite food or activity. It might be whether they need extra alone time or have a particular preferred love language. Just make an effort to pay attention or, better yet, to ask them about their preferences and the things they like. Then abide by what you've learned. They'll truly appreciate your caring and sensitivity.

## Give a Care Package

A fun activity is to put together a care package for someone you know who is feeling down in the dumps or under the weather. It can contain small, inexpensive items. They can even be things like books you've already read or something you made, like a scarf. Remember, it's the thought that counts. You can get as creative as you'd like. Send it to someone you haven't seen in a while, like maybe a college-aged kid or out-of-state relative. You could even sign up to volunteer to put together care packages for soldiers or families in need during the holidays.

## Pay for the Person Behind You

While it may seem to be overdone, paying for the person behind you in line is always a nice gesture. Picking up the tab for a coffee or a newspaper is affordable for many. Some folks who have the resources take this concept further by paying for someone else's groceries or paying off the layaway bills of others during the holidays.

What you are comfortable with is a personal choice but giving in an unexpected monetary way such as this is something that could really make somebody's day.





## **Give Someone a Ride**

Whether it's a lift to the airport to provide a convenience or helping someone who doesn't have transportation of their own, offering to give someone a ride is a kindness that can be quite meaningful. If you have a neighbor without access to a car, you might want to offer to bring them along with you on your next trip to the mall or the grocery store.

## **Check on Folks**

Take a moment to check in on someone you know who doesn't get out much. Some folks are simply introverts and prefer to spend a lot of time alone at home, while others may find themselves homebound due to circumstances outside their control. No matter the reason, everyone enjoys hearing from friends and people who care about them. A reminder you're not alone can be a comforting gesture. You can pick up the phone, send a text, or email to let someone know you're thinking about them. Set up a visit if the person is agreeable to the idea.

## **Give a Small Gift for No Reason**

Gift giving is such a fun activity for many of us. However, we usually think such things have to be reserved for holidays or special occasions. That couldn't be further from the truth. Giving someone a small present just because can be incredibly satisfying, and it's likely to really brighten their day. Kids, especially, love presents. You can surprise kids of all ages with their favorite candy, game, or other desired item. Tell them it's a reward for their dedicated school work or for good grades. Pick up those cute gloves your best friend had her eye on the last time you went shopping together and surprise her with them the next time you see her. Little things really do mean a lot.



## Say Thank You

Most of us know it's polite to give a word of thanks when someone does something nice for us or helps us out. Acknowledging the graciousness of others is a kindness you can offer at other times as well.

Perhaps you have a special teacher from high school or college who influenced your current career path.

Write them a thank you card or send them an email to let them know. They'll probably enjoy hearing what you're up to now and will most certainly appreciate knowing they played such an important role in helping you to reach your goals.

Give thanks and recognition any time for any act you find substantial. People will be thrilled you took the time to express your gratitude.

## Share a Skill

You probably have a skill or talent you're proud of and at which you excel. Sharing what you know is a generous act that can really impact someone for the better. Tutoring students is one way to impart your knowledge.

You might also consider teaching a class at the community center. Providing education doesn't have to be a formal act, though. Consider offering to mentor someone new at work.

A younger colleague might enjoy the opportunity to gain insight from a seasoned professional.

## Show Patience

Sometimes life can feel overwhelming, and it's easy to lose your cool. Making the effort to show patience in a stressful situation can be an impactful way to offer kindness. Showing grace under pressure will be remembered by colleagues, children, or family long into the future.

When you could have lost your temper, they'll know you took the extra effort to maintain your composure and help everyone feel more at ease. This is a skill that should never be underestimated for its importance.

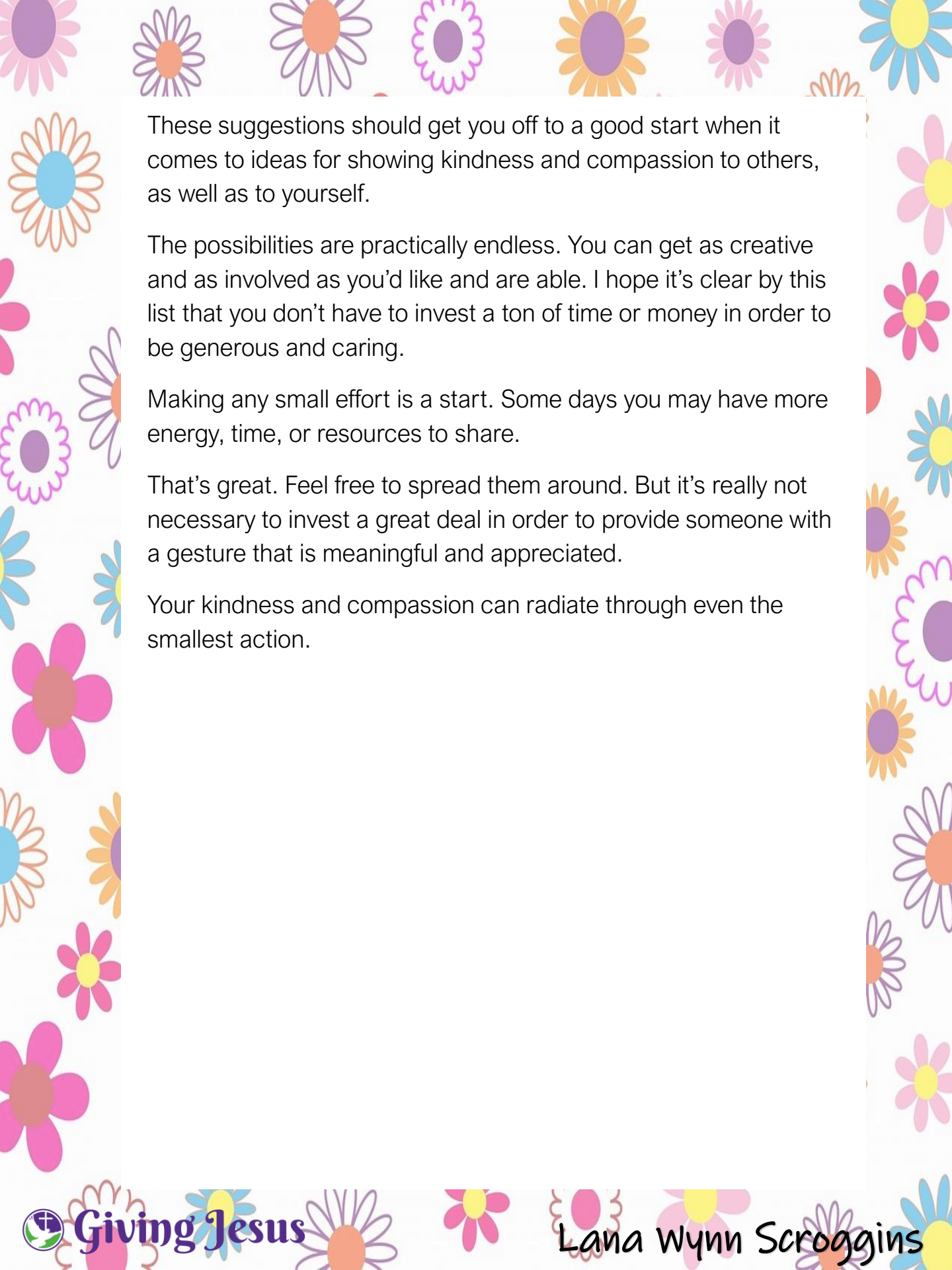
## Acknowledge Everyone When Possible

Sometimes we get so caught up in our own world that we find ourselves ignoring the people we encounter each day. Everyone wants to feel seen and to be known.

All too often, however, people can fade into the background or be forgotten. It's easy to be in a hurry and neglect to notice the folks we come across on a regular basis such as the teacher on duty at the pick-up line at your child's school, the custodial worker in your office, the people who wait on you at retail or food establishments, and co-workers from other departments.

Just because you don't know someone by name or don't consider them part of your personal tribe doesn't mean you should ignore them. Take time to greet the people you meet throughout your daily routine. Offer a smile. Ask about their day. This small gesture can mean so much.





These suggestions should get you off to a good start when it comes to ideas for showing kindness and compassion to others, as well as to yourself.

The possibilities are practically endless. You can get as creative and as involved as you'd like and are able. I hope it's clear by this list that you don't have to invest a ton of time or money in order to be generous and caring.

Making any small effort is a start. Some days you may have more energy, time, or resources to share.

That's great. Feel free to spread them around. But it's really not necessary to invest a great deal in order to provide someone with a gesture that is meaningful and appreciated.

Your kindness and compassion can radiate through even the smallest action.



# Conclusion

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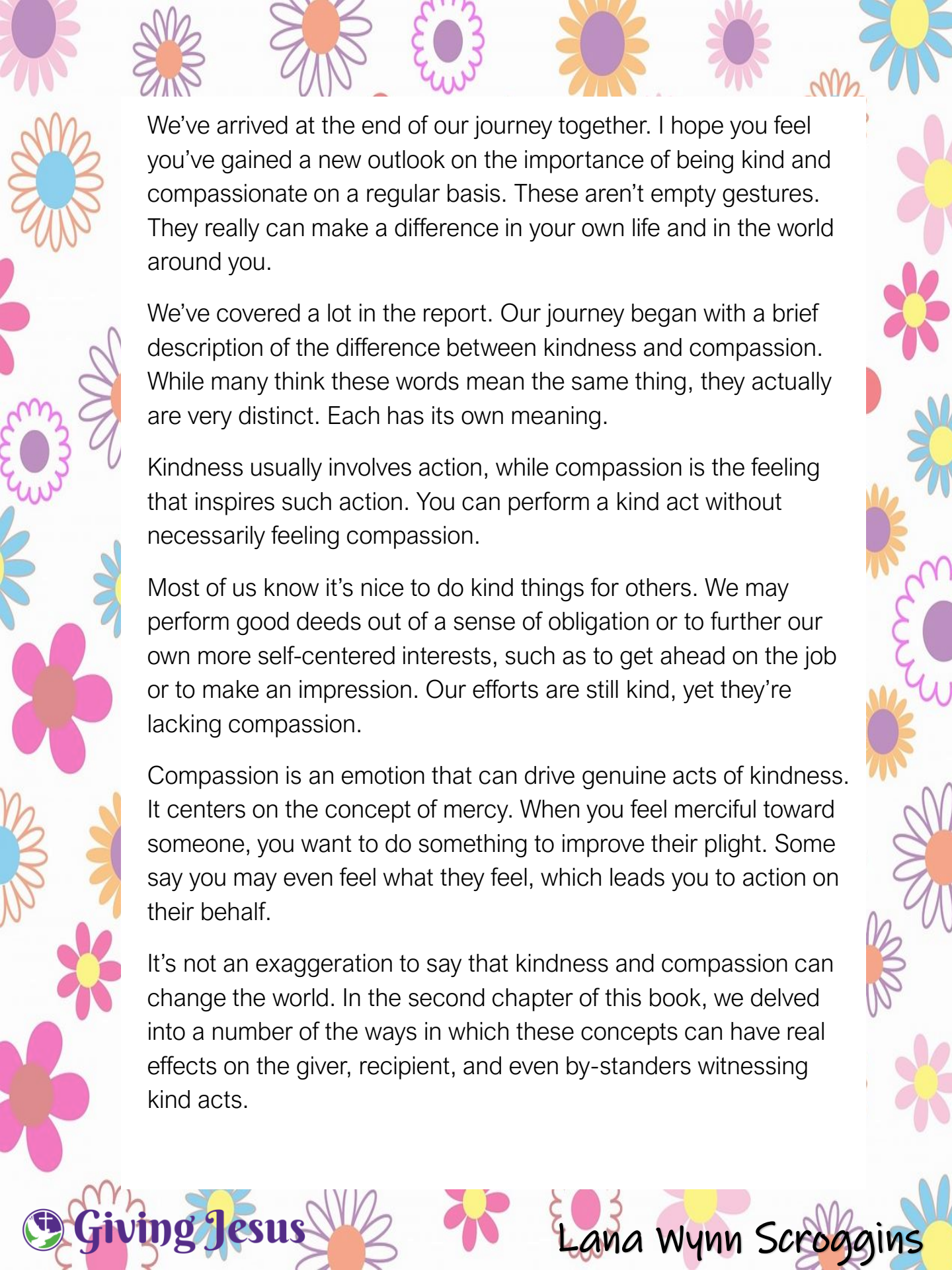
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We've arrived at the end of our journey together. I hope you feel you've gained a new outlook on the importance of being kind and compassionate on a regular basis. These aren't empty gestures. They really can make a difference in your own life and in the world around you.

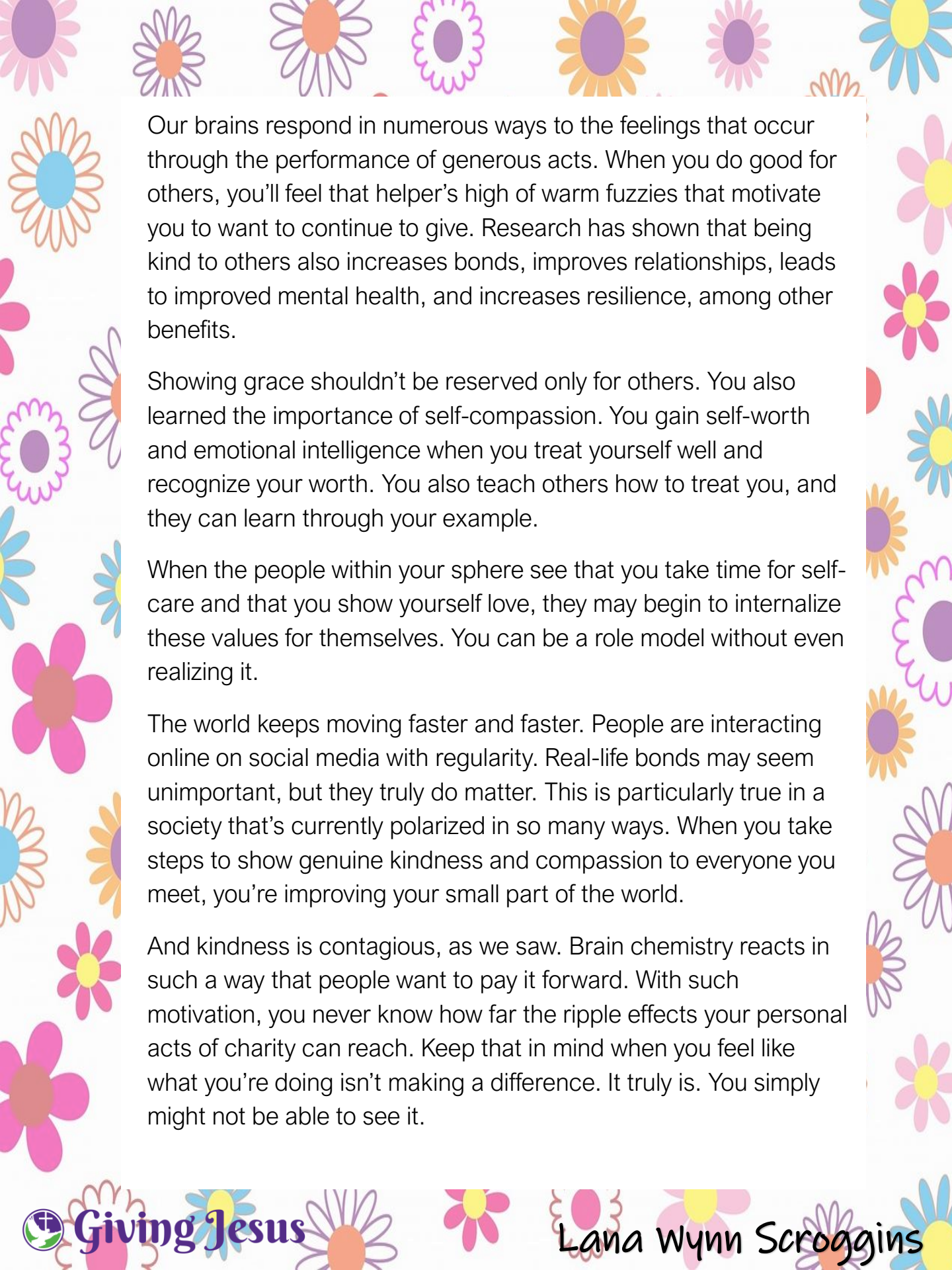
We've covered a lot in the report. Our journey began with a brief description of the difference between kindness and compassion. While many think these words mean the same thing, they actually are very distinct. Each has its own meaning.

Kindness usually involves action, while compassion is the feeling that inspires such action. You can perform a kind act without necessarily feeling compassion.

Most of us know it's nice to do kind things for others. We may perform good deeds out of a sense of obligation or to further our own more self-centered interests, such as to get ahead on the job or to make an impression. Our efforts are still kind, yet they're lacking compassion.

Compassion is an emotion that can drive genuine acts of kindness. It centers on the concept of mercy. When you feel merciful toward someone, you want to do something to improve their plight. Some say you may even feel what they feel, which leads you to action on their behalf.

It's not an exaggeration to say that kindness and compassion can change the world. In the second chapter of this book, we delved into a number of the ways in which these concepts can have real effects on the giver, recipient, and even by-standers witnessing kind acts.

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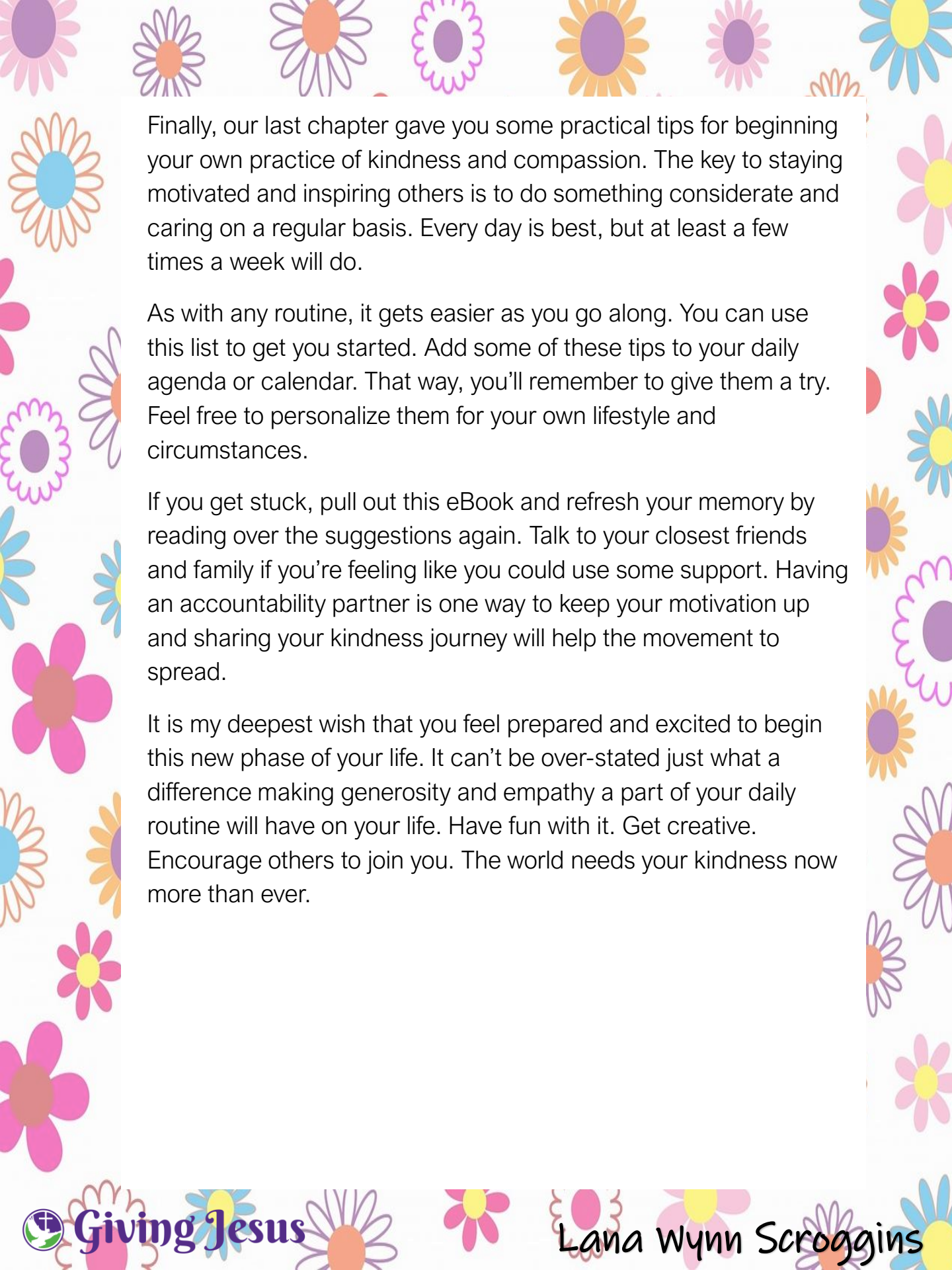
Our brains respond in numerous ways to the feelings that occur through the performance of generous acts. When you do good for others, you'll feel that helper's high of warm fuzzies that motivate you to want to continue to give. Research has shown that being kind to others also increases bonds, improves relationships, leads to improved mental health, and increases resilience, among other benefits.

Showing grace shouldn't be reserved only for others. You also learned the importance of self-compassion. You gain self-worth and emotional intelligence when you treat yourself well and recognize your worth. You also teach others how to treat you, and they can learn through your example.

When the people within your sphere see that you take time for self-care and that you show yourself love, they may begin to internalize these values for themselves. You can be a role model without even realizing it.

The world keeps moving faster and faster. People are interacting online on social media with regularity. Real-life bonds may seem unimportant, but they truly do matter. This is particularly true in a society that's currently polarized in so many ways. When you take steps to show genuine kindness and compassion to everyone you meet, you're improving your small part of the world.

And kindness is contagious, as we saw. Brain chemistry reacts in such a way that people want to pay it forward. With such motivation, you never know how far the ripple effects your personal acts of charity can reach. Keep that in mind when you feel like what you're doing isn't making a difference. It truly is. You simply might not be able to see it.

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Finally, our last chapter gave you some practical tips for beginning your own practice of kindness and compassion. The key to staying motivated and inspiring others is to do something considerate and caring on a regular basis. Every day is best, but at least a few times a week will do.

As with any routine, it gets easier as you go along. You can use this list to get you started. Add some of these tips to your daily agenda or calendar. That way, you'll remember to give them a try. Feel free to personalize them for your own lifestyle and circumstances.

If you get stuck, pull out this eBook and refresh your memory by reading over the suggestions again. Talk to your closest friends and family if you're feeling like you could use some support. Having an accountability partner is one way to keep your motivation up and sharing your kindness journey will help the movement to spread.

It is my deepest wish that you feel prepared and excited to begin this new phase of your life. It can't be over-stated just what a difference making generosity and empathy a part of your daily routine will have on your life. Have fun with it. Get creative. Encourage others to join you. The world needs your kindness now more than ever.



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