

The Business of Kindness Workshop-Participant's suggestions to create a kinder world, one person and one kind act at a time- Oct 19, 2007

KINDNESS TO SELF

1. Daily time out
2. Leave work on time
3. Choose to indulge in leisure
4. Say kind words to yourself
5. Talk to yourself like your caddy would talk to you
6. Choose to exercise
7. Daily activity
8. Forgive yourself
9. Believe you can
10. Keep in touch with friends
11. Sing
12. Enjoy the chocolate
13. Laugh
14. Buy yourself flowers
15. Smile
16. Do something nice for someone
17. Say thank you
18. Be grateful
19. Invite friends to lunch
20. Drink wine by yourself
21. Cool in a warm bath
22. Hug lots
23. Time to pray
24. Act silly
25. Rejoice
26. Tell stories
27. Breath
28. Touch
29. Get a massage
30. Allow our self to be loved
31. Travel
32. Relax
33. Forgive self
34. Sleep in the morning
35. Exercise
36. Eat Dessert
37. Journal
38. Eat well
39. Celebrate your achievements
40. Celebrate who you are
41. Affirm people
42. Learning...reading
43. Being open
44. Laugh a lot
45. Wonder...curiosity
46. Choose to go to a hockey game

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47. Taking time to watch sports on TV
48. Enjoy time at Starbucks and several lattes
49. Go to yoga
50. Have a beer with friends
51. Go to the lake
52. Spend time with family
53. Go for walks with spouse
54. Enjoy movies with large popcorn and coke
55. Don't be too hard on yourself
56. Pamper yourself
57. Read a book
58. Get a pedicure
59. Have a glass of good wine...after all, we live in BC
60. Eat chocolate (dark, of course...milk has fat)
61. Don't expect yourself to be perfect
62. Accept your imperfections
63. Don't beat yourself up...surely others will try
64. Feed your spirit
65. Bubble bath
66. Time alone
67. See the start
68. Read something inspirational
69. Call a friend
70. Dance
71. Say no sometimes
72. Hug your spouse/somebody
73. Count your blessings
74. Dream
75. Hike the mountain
76. See the raindrops
77. Meditate
78. Eat healthy...but have ice cream
79. Eat anything you want
80. Relax in your recliner
81. Breathe...listen to your body
82. Good night sleep/rest
83. Exercise
84. Devotions in a AM
85. Positive self-talk
86. Eat out
87. Golf
88. Travel
89. Love someone
90. Hug a tree/child
91. Walk the greenway
92. Coffee with a positive friend
93. I will not "Should" on myself today
94. Spiritual growth
95. Laugh/Smile

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96. Listen to your body messages
97. Plan creative Sabbaths
98. Non-violent self talk
99. Forgiveness
100. Time with friends
101. Sleeping
102. Love your dust bunnies
103. Create a support team
104. Think before speaking
105. Hug your kid
106. Let myself cry, laugh or whatever
107. Appreciate self
108. Value uniqueness
109. Have dessert first
110. Express gratitude's
111. Read O's Book
112. Tai Chi
113. End day worry free...put worries aside
114. Music/Sing
115. Love your pet
116. Do your hair
117. Have a chat with a close friend
118. Help someone else out
119. Acknowledge your right actions
120. Take a long walk by yourself, kick leaves and think
121. Celebrate success
122. Take a hot bath
123. Do things that fill yourself with wonder
124. Spend time with grandchildren/children
125. Learn and discover new things
126. Take a vacation
127. Take time for yourself when care giving
128. Buy good shoes
129. Buy good underwear
130. Laughter
131. Just Do It
132. Sing because it lifts your spirits
133. Hug and kiss...including yourself
134. Be a kid...let go
135. Allow a mess
136. Know you don't have to be everything to everyone
137. Write yourself a love letter
138. Write journal
139. Treat yourself to something expensive
140. Dance as if no one is watching
141. Breathe deeply
142. Smell a rose
143. Live every moment as if it's your last

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KINDNESS TO OTHERS

1. Say hello
2. Buy lattes and duds
3. Show interest in others lives
4. Celebrate a person's birthday
5. Smiles
6. Be
7. Listen intently
8. Offer support of their work
9. Show your own vulnerability
10. Speak less
11. Acknowledge a job well done
12. Give praise lavishly
13. Give inexpensive gifts
14. Spend quality time with people
15. Vacuum the house
16. Hold the door for others
17. Greet them
18. Investigate and discover the other person's love language
(gifts, praise, acknowledgments, acts of service, physical touch)
19. Practice golden rule
20. Respect
21. Stay with other's agenda
22. Affirm others for who they are and what they mean to us
23. Celebrate
24. Lead by example
25. Ask others if there is someway we can help
26. Try to understand...put ourselves in another's position
27. Laugh together
28. Weep with those that weep
29. Make House, home and heart calls
30. Let them in when trying to change lanes
31. Hugs
32. Allow mistakes...some chaos
33. Don't expect perfection
34. Allow for discussion, debate and some "messiness" or conflict
35. Make allowances for emotions because they ARE there
36. Must work hard to get close to bullies...if not, we are sunk
37. "We are all learning...allow for a culture of learning
38. Dogs get it...watch them (unconditional, non-judgmental, positive regard)
39. Thank you notes
40. Hugs
41. Sincere smile
42. Wait for a response...actively listen...when you have asked someone how their day was
43. Remember and call people by name

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44. Respect other's individuality
45. Stop what you are doing when someone speaks to you and give undivided attention
46. Let people know they are special and unique
47. Model behavior that you, yourself, deem to be kind
48. Extend the power of unhurried, un-anxious presence
49. Touch
50. Smile
51. Spontaneous gesture
52. Clean the office
53. Initiate conversation
54. Attitude
55. Thank you
56. Non judgmental
57. Genuine
58. Respectful
59. Allow for mistakes
60. Give treats
61. Be flexible
62. Extend invitation
63. Hug
64. Compliment
65. Accept graciously
66. Offer space
67. Being present
68. Care
69. Ask what they need...what we need
70. Offer to help baby-sit
71. Sense of humor
72. Interest in their lives
73. Know their names
74. Thank you notes
75. Make a meal for yourself
76. Practical assistance
77. Compliments
78. Give them your shoulder to lean on
79. Pray for them
80. Be sincere and genuine
81. Encouragement
82. Non-judgmental
83. Just "be" with them...even if they don't want to talk
84. Give them your time
85. Sense of humor, laugh
86. Show respect regardless of differences...don't criticize or judge
87. Acknowledge others (greetings, praise, appreciation)
88. Listening with the heart as well as ears
89. Helping
90. Give space when needed
91. Show genuine interest in others

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92. See the need and take action
93. Take care of children...make a casserole... for a new mom
94. Take dinner to elderly
95. Mingle in groups and expend yourself to others
96. Involve others
97. Let rude drivers go in front of you
98. Phone others
99. Make room for others in check-out
100. Pause...and take time to smell the roses
101. Compliment strangers
102. Better to be a blessing then be blessed
103. Fill up peoples' cups
104. Eye contact and smile
105. Sincerity
106. Spend a moment in time with strangers
107. Work with your community for a higher vision (fundraising)
108. Read to children and elderly
109. Invite someone for a meal
110. Hold the door open for someone
111. Be curious ...with respect
112. Smile
113. Giving little gifts without a reason
114. Remembering birthdays
115. Baking for coworkers
116. Inviting people to your home
117. RAK" give a quarter to a stranger for shopping cart
118. Run errands
119. Give compliments whenever you can
120. Visit someone in hospital
121. Pet a dog

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KINDNESS IN COMMUNITY

1. Extend right of way to emerging traffic
2. Recognition of volunteers
3. Support education...small niceties for students
4. Making quilts...everyone does a square
5. Support a leader...take them to lunch without an agenda
6. Give socks to a shelter
7. Volunteer for a good cause
8. Vote
9. Give encouragement to anybody...your neighbor
10. Say "Hi" to a stranger
11. Be informed and interested
12. Jump in and do a small piece
13. Pick-up litter when you come across it
14. Plant a tree
15. Adopt a road, lake, pet
16. Pick-up garbage
17. Donate blood/kidney
18. Donate food, blankets to street people
19. Clean graffiti
20. Decorate for different occasions
21. Buy from second hand stores
22. Help the less fortunate
23. Community work
24. Donate warm clothes
25. Be the "Good Samaritan"
26. Visit the elderly
27. Get a Foster Child
28. Take the bus
29. Plant a tree
30. Stock the food bank
31. Treat others with respect
32. Notice the homeless and help
33. Thank the traffic controller
34. Recycle
35. Carry "pet" litter bags
36. Meet your neighbors
37. Share garden produce with neighbors
38. Shovel walk for elderly neighbor
39. Offer coffee to homeless
40. Anonymous acts of kindness
41. Buy an ice cream cone for someone you don't know
42. Rather than turn away...go the extra mile for a stranger in trouble
43. Give back
44. Pay attention/be aware of others' needs