

Conscious Acts of Kindness

2 minutes/22 days

*Adapted from Conscious Acts of Kindness Toolkit, Achor, 2013

Do you have 2 minutes a day for 22 days? If so here's the challenge:

- **Every day for 22 days take 2 minutes to write a Thank You email to someone who has impacted your life in a positive way.** It could be your grade 3 teacher, a colleague, family member, someone who you appreciate and are grateful for. Share why you appreciate them, how they've impacted your life, an experience with them that changed your life, lessons learned as a result of their actions.
- **Track it to remember** – the date and whom you connected with. If you're really keen you may want to track how it made you feel (sample tracking sheet below). Remind yourself by posting it somewhere you'll see every day: on the fridge, your computer, calendar, office door, whiteboard.
- **Positive psychology and brain research** shows if we reset our brains to positive, it has long-term impacts on our happiness and business success resulting in lifelong health and increased happiness (we live longer, have lower rates of obesity, are happier and more satisfied overall).
- It **also connects** you with your social network, shows that you have support, which results in higher happiness and success.
- On the **22nd day** take 2 minutes and email me to share what happened. You may want to send your tracking sheet to me at info@fourward.ca
- **I'm interested** in how this impacted you and I want to stay connected!
- **I'm expecting your email.**

Thanks for taking 2 minutes for 22 days. Feel free to pass this along, modify the process or method as I pilfered and adjusted the idea from Shawn Achor from the Institute for Applied Positive Research (author of "Before Happiness," "The Orange Frog," "The Happiness Advantage" and more). He has an interesting TED talk too.

Towards conscious positivity,

Karen

Conscious Acts of Kindness Sample Tracker

Day	Date	Who did I Connect With? Name & Relationship	How do I feel now?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
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21			
22		Send Karen an email at info@fourward.ca	

Did you know there are over 7 billion people in the world and it's increasing at a staggering rate every single minute.

We are booming so let's positively boom.