

FIVE ACTS OF KINDNESS INTERVENTION

Weeks 1-6

In our daily lives, we all perform acts of kindness for others. These acts may be large or small and the person for whom the act is performed may or may not be aware of the act. Examples include feeding a stranger's parking meter, donating blood, helping a friend with homework, visiting an elderly relative, or writing a thank you letter. On *Monday* of this week, you are to perform *five* acts of kindness – all five in one day. The acts do not need to be for the same person, the person may or may not be aware of the act, and the act may or may not be similar to the acts listed above. Do not perform any acts that may place yourself or others in danger.

ACTS OF KINDNESS INTERVENTION (IN THE WORKPLACE)

Please take a moment to think about a kind act that you could perform today to help one of your co-workers [manager, supervisor, colleague, customer, client]. This kind (generous) act should be something that is not normally required as part of your job description, but that goes above and beyond what you typically do. Furthermore, this kind act should involve some sacrifice by you in terms of your effort, energy, time, or money. For example, you might give a co-worker a compliment, clean the community refrigerator, bring a cup of coffee, provide needed feedback or support, or mentor a younger co-worker. Please describe what kind act you plan to do for one of your co-workers and go ahead and do it today.

For instructions after the 1st week

Please write about the kind act that you performed for one of your co-workers last Thursday. Be sure to detail exactly what you did, how you felt, and what response your co-worker had (if any). Remember that anything you write will remain strictly confidential.

On the next page:

Like you did last week, please take a moment to think about another kind act that you could perform today to help one of your co-workers [manager, supervisor, colleague, customer, client]. This kind (generous) act should be something that is not normally required as part of your job description, but that goes above and beyond what you typically do. Furthermore, this kind act should involve some sacrifice by you in terms of your effort, energy, time, or money. For example, you might give a co-worker a compliment, clean the community refrigerator, bring a cup of coffee, provide needed feedback or support, or mentor a younger co-worker. Please describe what kind act you plan to do for one of your co-workers and go ahead and do it.

Note: You may do the kind act to the same person as the past week(s), or a new person each week.