

HUMANKIND CLUB

30-Day Kindness Kit

WELCOME TO THE CLUB!

Thanks for committing to more kindness! Just thinking about bringing positivity to the world is worth a woo-hoo!

The 30-Day “challenge” can be done on your own, with a partner, or as a group. Some folks try it solo first - others prefer the power of people to motivate and raise the celebratory vibe.

Most importantly, it’s about having fun and boosting positive energy.

Each week focuses on one of the four tenants of the Human Kind Club.



Be Kind To:

- Yourself
- Those You Know
- Those You Don't Know
- Nature

Do them in any order; they’re interconnected. Commit to what is realistic for your schedule.

The more ways you make kindness seen, heard, and felt, the greater the impact!

We encourage you to get **creative**. Capture and share images/videos to **motivate** others - this spreads more **kindness**! It really helps our **mission** if you keep us in the loop: tag @humankindclub and #humankindclub. We’re on Instagram and LinkedIn. Follow us!

If you don’t “do” social media, we totally respect that! Email us images and/or a kind story so we share with our HKC followers!

Kindness - Let's Get Started!



**Kindness can show up as thoughts, words, or actions.
It can be small & simple, or big & bodacious!**

Do what's right for you - in your time and space. If you need to start slowly, perfect! If you are ready to dive in big-time, incredible!

1. HKC Morning Practice (all 30-Days)

Start each day positively! As soon as you wake up, give thanks - think it, say it, and/or write it. Examples:

I'm grateful to be given a new day.

I'm thankful that I'm alive.

Today is going to be a good day, no matter what happens.

I am meant to live and learn and let go.

2. HKC End of Day Practice (all 30-Days)

End each day by replaying kind thoughts, feelings, words and acts that you encountered throughout your day.

Allow your whole body to feel goodness!

Try it with your eyes closed, just before you fall asleep.

3. Kindness Plan of Action (once a week)

Kindness takes a little intention, energy and time. Set aside an hour each of the four weeks to come up with your kindness action plan.

If you're with a partner or group, set time for everyone to share!

Be Kind To Yourself (One Week)



Being kind to oneself is so important. We're often harder on ourselves than we are on others. So, this week, pay close attention to your inner voice. Treat yourself with more **compassion**, **humor**, **love** and **acceptance**.

*Begin & end each day with kindness practices (see prior page).

Kind To Myself Plan:



- Draw a big heart with a line on a piece of paper.
- On the left, write ways you're already kind to yourself (self-talk, eating habits, exercise, peaceful practices, etc.) *If you're with others, share and discuss.
- On the right, make a wish list of ways you'd like to be kind to yourself - don't hold back! Share.
*For ideas, follow us on IG @humankindclub
- Now, circle the ones you can do this week. List them on the next page. Note them in a calendar. At the end of each day, reflect on what you did for yourself and how it impacted your day.
- If you're doing this with others, celebrate your progress along the way together.

We hope this will **feel** so **good** you'll **want** to **inspire** others! Send us an update with photos so we can share on social media, or post your own and tag @humankindclub.

Be Kind To Yourself



Day 1: I chose to: _____
It makes me feel: _____

Day 2: I chose to: _____
It makes me feel: _____

Day 3: I chose to: _____
It makes me feel: _____

Day 4: I chose to: _____
It makes me feel: _____

Day 5: I chose to: _____
It makes me feel: _____

Day 6: I chose to: _____
It makes me feel: _____

Day 7: I chose to: _____
It makes me feel: _____

*Reflect on the week. What worked? What might need some adjustments?
Remember to share with us and others!

Be Kind To Those You Know
(One Week)



*Begin & end each day with the HKC kindness practice.

This week, **focus** on **simple** ways to **light** someone's "**candle**" - little things to make "those you know" feel special & appreciated. Bet you can come up with 100! But let's start with ten.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Shared space: Kindness can be a cheery "good morning" or turning off the lights when you leave a room... (You know, those easy-to-let-slide things that seem like no biggie, but make life a little better for someone else.) And don't forget about your pets!

Away from home: Think about ways to be a kinder friend, neighbor or work colleague. Chances are, with a kindness mindset, you'll notice golden opportunities...so act on them!

As always, we want to hear about your experiences! You may start to notice that as you do kind things for others, nice things come your way too! **Kindness** is **contagious** - **pass it on!**

Be Kind To Those You Know



At times, being kind to the people closest to us is hard. Let's face it, humans can get on your nerves (lol)! We might want to snap or just tune them out. Truth is, we need each other and a little kindness can go a long way.

This week, if you want to go deeper:

Select someone in your life to focus on:

(name here) _____

Step 1: Imagine this person at their best! List things you like or admire about this person: traits, personality, fond memories, inspiring qualities, accomplishments.

Step 2: Make a date with them (in-person, on-line). If it's been a long time, reach out and just say, "I've been thinking about you!" Take it from there.

Step 3: If you meet up, practice active listening - a huge act of kindness. Lean into their story without turning the conversation into yours. Of course, they may ask questions too. Share the positives and avoid gossip or complaints.

Step 4: Let them know how much you care about them. Share thoughts from Step 1. Notice the impact. Feels good, right? Don't let too much time pass before you connect again!

Be Kind To Those You Know



If you are a people pleaser, kindness this week may look and feel different. In the long run, it may make for happier, healthier relationships with those you know.

HKC is not licensed therapy, but one thing is pretty clear...

- “Being there” for someone else is great, as long as you’re being true to yourself first.
- Compare time devoted to helping others to time spent on your own mind-body-spirit. Keep the balance.
- Before you help others, make sure they’re in a receiving mode. Sometimes the kindest way to help is to allow someone to help themselves, even if it’s hard.

Kind, but not always easy, practices:

- Voice your needs while affirming someone else’s. Practice NVC, non-violent communication.
- Set boundaries and expectations and stick to them!
- Spend time with people who align with your values and love you just as you are. You’ll feel the difference - listen to your innervoice!
- Communicate clearly - that means sometimes you have to be vulnerable by being honest.

Be Kind To Those You Don't Know

(One Week)



*Begin & end each day with the HKC kindness practice.

We grow up being told, “don’t talk to strangers.” You can have safe, kind interactions with all kinds of people.

Here’s a powerful practice to help.

Use the 8 scenarios per step. It helps to write them down.

- Waiting in line
- Driving (in traffic)
- Shopping at a store
- Receiving a delivery at your door
- Exercising outdoors
- Sitting next to others in a public space
- Being on a video/call with strangers
- Hearing “news” about someone else

Step 1: Picture a stranger “like” you. Go through each scenario and write down ways to be kind - to connect with this person, even if it’s for a moment.

Step 2: Now, make this stranger younger or older than you. Try it again. Write down more ideas of kindness!

Step 3: Next, change the “style” of that person. Does that change anything about your approach?

Step 4: Finally, change: ethnicity, gender, socio-economic status, etc. Imagine a kind way to connect in new ways.

Be Kind To Those You Don't Know



Now that you've practiced being kind to imaginary folks, commit to spreading kindness in the world!

This week, be kinder to strangers using some of the ideas you came up with in the previous practice!

Remember, kind thoughts count! If saying or doing something seems “strange,” simply send a kind **thought** in someone's general direction!

At the end of the week, reflect on your thoughts, words and actions.

- How did YOU feel putting more kindness into the world?
- How did the recipients respond to you?
- Did anything awesome come out of it?
- Are you motivated to do more?

Don't forget to share this week's experiences with others - to inspire more people to spread kindness to those they don't know!

If you have a story to tell - share it on social media and tag @humankindclub. Or let us know via email so we can share!

Be Kind To Those You Don't Know



Serving others can be an uplifting experience! This week, we encourage you to think about areas where you'd like to help. Whether it's finding homes for dogs, standing up for justice, or helping people living with disease - there's something kind you can do.

If you want to take kindness to a higher level, use this week to identify an area dear to your heart.

I'd like to help: _____

Find 5 organizations locally, nationally or globally that are doing great things in your area of focus.

List their names here:

1. _____
2. _____
3. _____
4. _____
5. _____

Here's how you might help:

- Join their mailing list
- Follow them on social media
- Buy some "merch" to promote awareness
- Donate to their cause
- Sign up to attend an event
- Get a group of people together and design your own kindness project

Be Kind To Nature

(One Week)



*Begin & end each day with the HKC kindness practice.

When we think of kindness, we often put humans above all other living things. We are **all on one planet**. Everything humans do affects the air, water, soil, and life of other creatures. This week, find the connection between you and the natural world - simply be in nature without your phone.

Commit to 30 minutes outside every day. Go for a walk or just sit and stare at a weed poking out of a crack in the sidewalk. It's all nature. It all **speaks to your soul** if you are quiet enough to listen. Do this alone if you can't resist talking.

List places you can go each day. Break your half hour into smaller bits throughout the day or do your act of kindness to nature all at once. Use your senses to appreciate every aspect of the natural world around you.

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Did you notice things you've never seen before? How did you feel in relation to the nature you experienced?

Be Kind To Nature



This week, take an active role in helping the natural world stay healthy. Everything we do has an impact.

Here are some ways to be a kinder, gentler human:

Step 1: Buy less packaged foods and more whole foods. Eat more veggies and fruits. Read labels.

Step 2: Ditch individual plastic water bottles. If you don't have access to filtered water, buy the largest jug you can and fill up a water bottle throughout the week.

Step 3: Drive less. Combine errands into one trip or shop with a friend - it's more fun! Walk or ride a bike to nearby stores or destinations.

Step 4: Organize a trash pick-up party (or go it alone). Grab some trash bags and gloves - turn that ugly spot into a magical space.

Step 5: Take care of a plant in or outside your home. Brighten a room with a potted plant (name it like a pet). Or plant something outside that attracts bees and butterflies!

Step 6: Reduce light and noise pollution. Turn off lights and electronic devices for one hour in the evening. Light a candle or sit outside and gaze at the stars. Slow down and relax.

Loving nature is loving yourself, because what goes around comes around. Support healthy living whenever you can.

30-DAY WRAP UP

We hope you enjoyed this 30-Day challenge!

Tell us what worked or didn't - we're open to suggestions!

If you have not completed our **survey**, please find it on our Get Involved page on our website, humankindclub.org.

The survey is anonymous and allows us to compile ways people are kind to themselves, those they know, those they don't know, and nature.

If you did the **30-Day Kindness Kit** alone, consider telling a friend or leading a small group for another round!

If you'd like to organize a large group to do a kindness project, let us know! We'll share ideas and support you!

Contact: Sabrina@humankindclub.org

