

MONTHLY MINDSET CHALLENGE

No-Brainer Kindness

WEEK 1

Simple Acts of Kindness

Start with performing simple acts of kindness each day. These can include small gestures such as paying a compliment, holding the door open for someone, or offering help to a colleague or neighbor.

WEEK 2

Active Listening and Empathy

Dedicate this week to practicing Deep Listening in positive interactions.

1. **Listen:** Focus entirely on the speaker and reflect back what you hear.
2. **Validate:** Acknowledge their perspective with statements like, "I can see how you could see it like that," even if you don't agree. It's about recognising their viewpoint.
3. **Empathise:** Imagine what you might feel if you were in their shoes. You can say, "I imagine you might feel ...(name the emotion);". This is to show understanding.

WEEK 3

Releasing Resentment

Pay close attention to any tension that might arise when you feel a disagreement with someone. When you feel the tension rising:

1. **Breathe & Soften:** Bring your mind to your breath and as you breathe out, relax your muscles.
2. **Second Position Shift:** See the conflict from the other person's perspective and
3. **Reframe:** Reframe this as an opportunity to learn. Consider how this is 'for you' - for your development.

WEEK 4

Journaling Gratitude and Kindness

Journal daily, reflecting on the day:

1. Starting with three things you are grateful for. Reflect on how these moments of gratitude can inspire acts of kindness towards others.
2. Consider if there was anyone you interacted with to whom you did not express kindness; what could you do?
3. Consider anyone you didn't agree with. Write your thoughts and feelings, then include a description from the other person's perspective. This practice will help you understand your reactions and promote a kind mindset.