

# World Kindness Day

7 ways to start making kindness the norm in your daily life

- 1 Send an uplifting text to a friend or family member
- 2 Let that person merge into traffic with a wave and smile
- 3 Include intentional moments of kindness, laughter and delight in your daily routine
- 4 Go slightly outside of your comfort zone at least once a day to make someone smile
- 5 Share a compliment with a co-worker or friend
- 6 Reach out to a family member you haven't spoken to awhile
- 7 Treat someone to a cup of coffee (a friend, stranger or even yourself)