

Welcome to the Kind.Human. downloadable 10 Daily Acts of Kindness



1. Thank someone who has recently or continues to offer you unconditional love or support
2. Be someone who offers unconditional love or support
3. Give a compliment
4. Make a sacrifice for someone else (Be it time or material needs)
5. Inspire a smile
6. Post something encouraging/positive on social media
7. Listen to someone without having an agenda to speak
8. Embrace that everything you are is good enough and build this in others
9. Create something beautiful...sing a song, write, surf a wave, throw a curveball, sketch, dance...your gifts inspire others to believe in their own gifts
10. Be the reason someone says thank you