

Acts of Kindness Lead to Happiness

Researchers tell us that being kind will not just benefit people you help, but can also make you happy too and can lift your mood on a permanent basis. According to the research of Dr. Sonja Lyubomirsky, author of *The How of Happiness*, kindness can start a chain of positive social consequences, bringing you closer to others, and helping you appreciate the most positive aspects of human nature.

The Random Acts Kindness movement advocates thoughtful and considerate acts as a way of life, but research actually shows that the “happiness benefits” of acts of kindness are greatest when you consciously decide to do a kind act just one day a week. On that day you should seek to do a *significant* act of kindness, for example, not just holding the door for someone, but perhaps taking the time to write a note of appreciation to someone important in your life.

Use this worksheet to plan and then record your weekly act of kindness.

Best Day of Week To Do Your Act of Kindness _____

Things You Can Do

People Who Might Benefit From Your Kind Acts

At the end of the day, write down any thoughts about what you did and what happened
