

# RANDOM ACTS OF BELONGING

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## WHY YOU SHOULD TRY IT

We all perform acts of kindness at one time or another. These acts may be large or small, and their beneficiaries may not even be aware of them. Yet their effects can be profound - not only to the recipient but on the giver, as well.

This exercise asks you to perform five acts of kindness in one day as a way of both promoting kindness in the world and cultivating happiness in yourself and others.

“Kindness in words  
creates confidence.  
Kindness in thinking  
creates profoundness.  
Kindness in giving  
creates love.”

LAO TZU

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## HOW TO DO IT

**One day this week, perform five acts of kindness - all five in one day.**

*It doesn't matter if the acts are big or small, but it is more effective if you perform a variety of acts.*

The acts do not need to be for the same person - the person doesn't even have to be aware of them.

Examples include feeding a stranger's meter, donating blood, helping a friend with a chore, or providing a meal to a person in need.

- *After each act, write down what you did in at least one or two sentences.*
- *For a more happiness boost, also write down how it made you feel.*



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## WHY IT WORKS

Researchers have shown this practice makes you feel happier because your focus is on helping and serving others. This creates positive social interactions. *It also increases kindness and awareness of others; known as “prosocial” behaviors.*

**Evidence suggests that variety is key.**

*People who perform different acts of kindness show an upward trajectory in happiness. The brain loves a variety when performing kind tasks for others.*

“Generosity, love,  
compassion, or  
devotion do not  
depend on a high IQ.

JOSEPH GOLDSTEIN

*The time required varies depending on your acts of kindness. It could be anywhere from several minutes to several hours.*