



## *Random Act of Kindness*

"It is one of the beautiful compensations of life that no man can sincerely try to help another without helping himself."

**Ralph Waldo Emerson**

Well I know that you are already kind and caring folks because I only really attract amazing people into my life, and you know that is true!

Today you are going to supercharge that and look for additional opportunities to demonstrate Random Acts of Kindness to help someone else. Again this is all aligned to increasing your vibration and keeping you 'above sea level'.

Staying at or above sea level consistently will get you in the habit of being in the higher vibration more often than not.

Here is a super short list of Random Acts of Kindness that you may want try out:

- ➔ Go out of your way to assist someone carrying bags, managing stairs, opening doors
- ➔ Pay someone's bill in a cafe or restaurant. Let it be yours and the server's secret
- ➔ Reach out to and an elderly neighbour
- ➔ Write a handwritten gratitude letter and deliver it
- ➔ Make strangers laugh
- ➔ Take time to lift someone's spirits
- ➔ Bake or buy a cake for a neighbour and deliver it with a hand written note of thanks
- ➔ Buy a book you love for someone you love
- ➔ Tag someone in a social media post and say amazing things about them to the world



These are just a delicious taste of what I know you can create in your own communities.

What will you do today? Tell us on Facebook!

Happy penultimate day of the 21 day programme!

**My Random Act of Kindness? I will let you know later!**

*Lots of Love and Light,*