

# Creating a Culture of Kindness

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You will never have a completely bad day if you show kindness at least once." -- *Greg Henry Quinn*

The day was one of THOSE days. Like the terrible, horrible, no good very bad day. And then it came like a short whisper of delight. The butterfinger that someone left on my desk causing me to smile and forget how badly the day was going. One butterfinger. Or one cup of coffee. Or one conversation. It only takes one. One start to making kindness the norm, not the exception. Being kind is supporting someone's success. Supporting the success of others is one InnerWill's practices of Values Based Leadership.

Being kind is supporting someone's success; and supporting the success of others is one of InnerWill's practices of Values Based Leadership. For the rest of November, let's focus on being kind and supporting the success of others. Will you join me in this 18 day challenge? Why 18 days? That's what we have left in the month. Don't know where to start? Here are some ideas:

1. Write an encouraging post it note and leave it for someone to find
2. Do a good deed for a neighbor
3. Let someone go in line in front of you at the grocery store
4. Tell 3 people something you appreciate about them
5. Take treats by the local police or fire station
6. Leave an over generous tip at a restaurant
7. Send an encouraging, hand written card

8. Post a positive thought on social media
9. Talk to someone you don't normally talk to
10. Donate to a cause you are passionate about
11. Pay for someone's food in line behind you at the drive through
12. Hide dollars around a dollar store with encouraging notes attached
13. Text a friend and tell them to have a good day
14. Hold the door open for a stranger
15. Teach someone something new
16. Leave a book for someone else to read
17. Brighten someone's day with a corny joke
18. And smile – all day, every day. One smile can have a huge impact.

Colin Powell says to always show more kindness than necessary because the person receiving it needs it more than you will ever know. Who will you impact with your kindness? Share it with me in the comments below or send me an email at [wendy.berenson@innerwill.org](mailto:wendy.berenson@innerwill.org). I'd love to hear from you!

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[innerwill.org](http://innerwill.org) 844.898.WILL [info@innerwill.org](mailto:info@innerwill.org)

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