

PLEASANT GROVE CITY

CHOOSE KINDNESS

MONTH *February 2020*



Kindness is one of the most forgotten yet most wonderful gifts you can give. It heals wounds and brightens days. It brings us together and reminds us that we are more similar than we are different. Sometimes it is easier to be cold and distant and harder to be warm and vulnerable. **CHOOSE KINDNESS** anyways. Be an encourager. Be someone who helps others. Give love. Have compassion. Stay humble. It is the little acts of kindness that make the biggest difference.

When we are **KIND** it inspires others to be **KIND** and it creates a ripple effect that spreads outwards. Just as a pebble creates waves when dropped in a pond, so acts of **KINDNESS** ripple outwards, touching lives and inspiring **KINDNESS** everywhere the wave goes.

FEB	1	Serve your next door neighbor today. Drop off cookies, write a note of gratitude or take time to wave!
FEB	2	Send a text to a friend you have not been in touch with for awhile. Thank them for their friendship.
FEB	3	Write a thank you note to a Teacher at a PG school who is making a difference.
FEB	4	Smile at others you see today. Look up and connect with others on purpose. Learn someone's name.
FEB	5	Post something positive and kind on your social media account today. Use the hashtag #pgchoosekindnessmonth
FEB	6	Take the time to listen to someone today longer than usual. Offer a hug or embrace to someone.
FEB	7	Invite someone new to eat lunch with you today. Enlarge your circle and be inclusive.
FEB	8	Make peace with someone that has hurt you. Apologize and forgive.
FEB	9	Start up a conversation with a stranger today. Make a new friend.
FEB	10	Pay for someone behind you in line or pay a genuine compliment to a stranger.
FEB	11	Take time to say thank you to someone who has helped you in your life. Express sincere gratitude.

Follow along on Instagram **@the.ripple_effect**



Only speak kindly about others all day long today.
Avoid saying things that are not kind.

Praise someone at work or school in front of other people for something they do well.

Write someone a love note! Do something **KIND** for someone you know who is going through a difficult time.

Lend an elderly person in our community a hand, or do an act of service for an elderly person in our community.

Thank our local service people in PG- your mail man, the police officers or fire men in PG.

Hide a note of encouragement in a family members lunch or on their bed.

Call your parents and tell them that you love them.
Text them a love note.

Help a family in financial need by cooking them a meal, giving them clothing or something they need.

Talk to the people you encounter today in a way that makes them feel good. Take time to tell them to have a great day.

Encourage someone who may be at a low point in life.
Motivate them, love them, take time to serve.

Write a note of gratitude to the Mayor or a city council member, or send them a DM for the good they are doing in our community.

Read a book to a child, or a person living at a care center. Or do something Kind in your home without being asked.

Be kind to yourself today. Take better care of your health.
Take time to exercise today.

Say thank you and please as generously and often as possible today.

Tolerate a loved one's behavior a little more than usual.
Practice compassion.

Comment something positive on someone else's social media account today. Be genuine.

Post something positive on your own social media account today for other's to read. **#thepositiverippleeffect**

Get together with other members of your community for a community service project at the rec center. **10-11:00 am**