



Why Being Kind Is the Key to Being Happy

By [Lucy King](#)

Giving people the benefit of the doubt, benefits you too!

In our individualistic and materialistic world, does being kind make any difference at all?

Absolutely!

We live in the present moment. One kind action on your part can fill the present moment of another person with a sense of joy. I'm talking about simple things.

Like saying "hello" to your neighbor or that stranger you pass by on the street every day. As a result of you being friendly, they're more than likely to have positive exchanges with their friends and family.

Or let's suppose you help a colleague. As a result of your coaching, she may gain the confidence to pitch an idea that solves a problem for your organization.

That's the ripple effect of kindness!

KINDNESS

Small acts of kindness aren't small when you consider the knock on effect. According to Vanessa King, psychology expert:

Happier people are more likely to do things for others and that has a contagion effect.

People doing good deeds send out ripples into the world. Those ripples are significant in creating positive social change!

Okay, but what's in it for me?

Quite a lot as it turns out.

Kindness improves morale, self-esteem, happiness and well-being. Research shows if you do six acts of kindness in one day the positive effects of those acts will last for six weeks.

In other words, being kind makes you happy!

It's a win for you, a win for others and a win for the world in general.

Where to start?

Some of us are more innately kind and caring than others. But kindness is a quality that you can cultivate if you wish. My advice is to focus on making positive change exactly where you are.

Here are a few tips to get started.

- Give people the benefit of the doubt. They might just be having a bad day.
- Do not respond in kind to antisocial behavior. Rise above it.
- When things don't go your way don't be negative to those around you.
- Do thoughtful things for others with no expectation of a favor in return.
- Be present. It's easy to be distracted, but it makes a difference for the people we care about when we're fully present with them.
- Judge less. Focus on helping people, not on criticizing them.



You have
the ability
to wake up
tomorrow
and take action
that makes a difference
to others and yourself.

