

Kindness As A Superpower

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According to Mark Twain, "Kindness is the language which the deaf can hear and the blind can see" and Aesop, the Ancient Greek fabulist, states, "No act of kindness, no matter how small, is ever wasted." The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many. How do we cultivate kindness in ourselves and our families?

Some practical ways to do this include:

- **Practice gratitude:** Make it part of your daily routine through journaling, meditation and making affirmations. For ideas on how to incorporate it in your family: www.coachmyrna.org/blog/gratitude-challenge
- **Model it for your children and grandchildren:** Look for opportunities to practice acts of kindness.
- **Be present:** practice active listening. One of my favorite quotes by Dr. David Augsberger is, "Being heard is so close to being loved that for the average person they are almost indistinguishable." Listening is an act of love.
- **Self-Compassion:** Practice self-compassion by speaking kindly to yourself and offering yourself the same support you would offer a friend.
- **Embrace Forgiveness:** Practice letting go of grudges and offer forgiveness to ourselves and others.
- **Be Mindful of Our Words:** Choose words that are uplifting, encouraging, and respectful, avoiding gossip, criticism, and negativity.

Kindness is powerful because it activates our brain's reward system, releasing feel-good neurotransmitters like serotonin and dopamine, which improves the mood and well-being of both giver and receiver. It strengthens social bonds, increases empathy, reduces stress, and creates a ripple effect that fosters a more positive and connected community. This combination of physiological and social benefits makes kindness a potent force for each of us, our families, and our communities.

Two books that I recommend using with children and grandchildren are:

Kindness Is My Superpower:

www.amazon.com/Kindness-Superpower-childrens-Empathy-Compassion/dp/B08DSTHKQB

Have Your Filled A Bucket Today?:

www.amazon.com/Have-Filled-Bucket-Today-Bucketfilling/dp/099609993X

To purchase my book on

Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you already purchased my book, I would love for you to leave a review.

www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations

www.coachmyrna.org/create-connection.html

