



## **Acts of Kindness**

### One Thing You're Planning to Do Tomorrow

We'd like to invite you to try this simple exercise. Sometime tonight (or this afternoon) write down one thing you're planning to do tomorrow.

Just one. Not a list of twenty-seven tasks. Not a colour-coded productivity overhaul. Just one intentional act.

In *My Manifesto*, we encourage you to live intentionally – to know what matters, and to act in alignment with it. One of the quiet ways to do this is beautifully simple: choose your “one thing” for tomorrow. This is an act of kindness to yourself.

Why? Because clarity reduces noise. Direction reduces drift. Intention reduces overwhelm.

- Your one thing might be the most important thing you want to do tomorrow. The task that truly moves the needle.
- Or perhaps it's the hardest thing – the one you've been circling for days. Write it down and watch how the weight shifts.
- Maybe your one thing is self-care – a walk, a phone call, an early night, a gym session, ten minutes of stillness.
- Or other-care – a message to someone who needs encouragement, a long-overdue thank you, a deliberate act of generosity.
- It could even be the thing you've been putting off. Once it's written down as your one thing, something changes. We both know – you're far more likely to do it.

And sometimes, your one thing might come straight from your manifesto. A word. A phrase. A sentence that represents who you want to be. If your manifesto speaks of courage, perhaps tomorrow's one thing requires bravery. If it speaks of connection, perhaps your one thing is a conversation.

Of course, you will have many (probably many, many) things to do tomorrow. Life is full. But this small practice helps you prioritise your priorities. It helps you live intentionally. It helps you align your actions with your declared values.

And there is something powerful about closing your eyes at night knowing that tomorrow already has a quiet purpose.

One thing. Simple. Gentle. Effective. Why not try it tonight?  
Go well!