



## **Acts of Kindness**

### The AOK Challenge – Small Acts, Big Change

I do love a good challenge. Partly because of what it asks of us... and partly because hidden within the word *challenge* is the word *change*. And I do believe that when we lean into the right kind of challenges, something within us shifts – often gently, sometimes profoundly.

Of course, not all challenges are created equal. Some we choose. Some arrive uninvited. And I suspect there will be some of you reading this thinking, “*I’ve got enough challenges right now, thank you very much.*” That is completely understood.

So this is not that kind of challenge. This is a light-hearted one. A generous one. A quietly powerful one. And I hope, as you read it, you might find yourself saying... “*Challenge accepted.*”

### **The Invitation**

For the next five days, perform **one Act Of Kindness (AOK)** each day. Just one.

But with three simple rules:

1. It must take less than 3 minutes.
2. It must cost you \$0.
3. It must be different each day.

That’s it. No grand gestures. No overthinking. No pressure to be perfect. Just small, intentional moments of kindness.

### **A Simple Way to Begin**

Here is one approach you might like to try.

- Set a daily alarm on your phone. Choose a tone that feels light, upbeat... even a little playful.
- And when it goes off – wherever you are, whatever you are doing – that is your moment.
- No pre-planning. No rehearsing.

Just a simple question: “*Who could I offer a small act of kindness to, right now?*”

A kind word, a genuine thank you, a small task, a message you’ve been meaning to send, a moment of patience, a quick chore, a check-in, a memorable photo, ...

Three minutes.

Zero dollars.

A different expression each day.



### **Why It Matters**

In our work, we often speak about living intentionally – about choosing how we show up in the world, moment by moment.

Kindness is one of the simplest, most accessible ways to do exactly that. And what we often discover is this: When we offer kindness, we don't just change someone else's day... we subtly change our own. We begin to see more, feel more, and notice more.

We realise that impact does not always require effort – sometimes it simply requires attention.

### **The Ripple**

This challenge is not about doing more.

It is about noticing how easy it is to do something small... that becomes something meaningful. A ripple. For someone else. For yourself. For the spaces you move through.

Now, back to it...

Your three minutes might already be up. 😊