

Choose one day next week and do as many things as possible with kindness and gentleness. Speak to everyone with a loving, happy tone of voice. Smile at strangers and friends alike. Open doors for people. Let someone get in line ahead of you at the grocery store. Pay for someone's coffee without them knowing. Say thank you. Make eye contact with people. Keep a record of how this makes you feel, your thoughts, and experiences while doing this exercise.

