

The Kindness Solution Manifesto

You are loved.

You are awesome the way you are.

You are good at the core and so is everyone else.

Whenever someone is unkind, have compassion for them. They are struggling in some way.

If you are being unkind, ask yourself, "Is there a more positive way to feel good about myself?"

You are here to shine. You don't need to fit in. Have the courage to stand up and stand out.

Be the light for others, *especially* for people who need it the most.

Always look to uplift, encourage, and inspire everyone you come into contact with.

At the very least, never hurt and harm others with your words and actions. What you say and do matters and has lasting consequences.

Make yourself proud.

Be grateful.

You are an amazingly powerful being. Know it. Own it. Don't be afraid of it.

You can Be, Do, and Have what you choose with focused intention.

Own your uniqueness. There is only one you and that's pretty spectacular.

Appreciate and celebrate each others differences.

It's safe to tell the truth. It's safe to tell *your* truth.

Pay attention to when you feel happiest. Do more of whatever that is.

Your body is an amazing gift ~ give it the nourishment, movement, & rest it needs to thrive.

Care more about your own approval than what others think about you. Trust yourself.

Failing and making mistakes are the best way to learn. Perfection is an impossible standard.

All that you need is within you.

Be a Force for Good.

Believe in Miracles.

Love Always Wins.



For more ideas on how to create cultures of kindness in your community, visit thekindnesssolution.com