

7DayExperiment®

DAY 3: INTENTIONAL ACTS OF KINDNESS



Watch: Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.

Think: You've probably heard of random acts of kindness. Maybe you've even done them. Most people who do are prompted by emotion in the moment. The problem with serving based on emotion is that you tend to add value to people only when you're in the mood to do it. If you want to change the world, you must be intentional every day. Think now about taking intentional action that serves a person today.

Do: Do a specific act of kindness today. Pay for the meal of the person behind you in the drive-through. Stop to buy coffees or donuts for your coworkers. Carry cash in your pocket and give it to someone who would be helped by it. Don't go home and go to bed until you've done your intentional act of kindness.

Tell: Tell a friend about doing today's activity and about how it made you feel. If you use social media, share using the hashtag #IntentionalLiving. You can also click to share today's big idea on social media:

When you go into your day planning to do an *intentional* act of kindness, you begin focusing on others, which is a key to significance.

