

Small Acts of Transformation

When *Small Acts of Kindness* are done with *no expectation in return*, they become *Small Acts of Transformation* as shown in the list below:

1. Forgive yourself
2. Forgive others
3. Accept yourself: just as you are
4. Accept others; just as they are
5. Send him a plant
6. Send her flowers
7. Smile more often
8. Help someone in need
9. Be sensitive to others, they may be in pain
10. Hug your children, tell them you love them
11. Take a day off to examine your life
12. Write a note, call, tweet, or email a long, lost friend
13. Don't put off what you *really* want to do
14. Be aware that time runs out when you least expect it
15. Thank someone for his or her support
16. Don't take life for granted, it stops when you least expect it—no matter your age
17. If you know something from your heart, there's no need to prove it
18. Remember, you change your life the instant you change your mind
19. Adopt a positive attitude about life, in spite of your situation
20. Adopt a hobby and be passionate about it
21. Notice when you feel superior to someone; it's all an illusion
22. Be thankful you woke up this morning—some people didn't
23. Remember, each act of kindness changes the world!
24. Write a note, email, or call your parents or grandparents
25. Do your best in school and college—your record will follow you for the rest of your life
26. Listen more and talk less
27. Be more and do less

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28. Change the world by changing yourself
29. Be spontaneous and follow that impulse
30. Turn off the lights, use natural sunlight
31. Say hello from the heart
32. Make someone happy, every day you can
33. Create a *space* between experience and anger
34. Take or invite a friend to dinner, for no reason at all
35. Be thankful for what you have, someone has less
36. Give thanks for your health, without it very little matters
37. Create a connection with something beyond you
38. Let your significant other know you love him or her
39. Spend time alone
40. Teach a kid
41. Give yourself a break, there are no experts at life
42. Remember, love is your greatest gift
43. Take responsibility for that which is unreasonable
44. Do something kind for someone who is infirm
45. Live your most important value everyday
46. Read the labels on the food you buy for its contents
47. Do something kind for someone who is experiencing physical, mental, or emotional pain
48. Make a cyber-friend from another county
49. Tell your parents you love them
50. Commit to learning something new everyday
51. Don't try to do everything yourself, let others help
52. Give credit to others involved and experience humility
53. Remember the stupid mistakes we made as kids— give your kids a break
54. Kindness means correcting bad behavior, diplomatically
55. Remember a disabled person is there to have us experience how disabled we are
56. Give up trying to control events or people, it's too stressful
57. Count the number of friends you made by being right
58. Make amends today, when your heart stops, time has run out!

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59. Encourage your kids' unique talents; don't compare them
60. Support others in need
61. You're worth all the luck in the world; expect it
62. Help someone take more responsibility
63. Write a note to the teacher who influenced you most
64. Send a small gift to a grandchild
65. Call a friend to say "good morning"
66. Support a friend in whatever they do
67. Use your email "In Box" to say hello to friends
68. Trust others without proof
69. Reevaluate your values as your life changes
70. Compliment the good things in others
71. Practice a good habit for one month; it will become permanent
72. Talk to your kids on a regular basis; mostly ask questions and listen
73. Share yourself with your kids
74. Share the difficulties of hard times with your kids; make them part of the solution
75. Attend your children's events; they remember
76. Go to a movie with your kids
77. Contribute food/clothing/services to others in need
78. Love yourself!

*"Kindness isn't a big thing.
It's a million little things."*