



The
KindnessRipples
journal

MamaRedKnight

The KindnessRipples Journal
52 Ways to Ripple Kindness
'Round the World
(That Don't Cost a Thing)



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Design and Writing ©2020, Jerilynn Knight

TameTheBeasties.com

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Dedication

Kindness Ripples: 52 Ways to Ripple Kindness 'Round the World (That Don't Cost a Thing) is dedicated to both those who've inspired my journey to create a kinder world and the co-sulting clients who believed in themselves enough to partner with me on their journey to sharing their message with the world.

May you be blessed and may you ***always*** remember how very special you are.

Using This Journal

This is your journal and you can use it any way you want to, of course! That said, when I've facilitated kindness-and-passion sessions, having a few pointers gets those juices flowing.

In the book, *Kindness Ripples: 52 Ways to Ripple Kindness 'Round the World (That Don't Cost a Thing)*, there are 52 Ripples, with a story that shares why I chose that particular "Ripple." You can use those to build up your KindnessMuscles or to say "hum, I'd rather do...."

Each of the 52 "entries" in the journal starts with a way for you to tick off something that happened on that day (in case you're not in the mood to write much).

I've included a list of starting-point ripples, some from the book and others I've gathered here, there, and everywhere.

The big thing is to START...when you focus on kindnesses, it is Absolutely amazing what you notice on a regular basis.

Recognizing kindnesses is a great way to create a world worth living in now and leaving to those that come behind us.

Thanks for joining me on the journey to igKnight passionately powerful possibilities. Our world needs more KindnessWarriors, eh?

Some Ripples to Get You Started

Smile

Use a person's name while shopping or dining

Clean someone's bathroom (or any room for that matter)

Listen within interrupting

Dance in the grocery parking lot

Fix "it" don't bitch & moan

Let someone cut in line

Hug someone

Laugh out loud in public

Laugh out loud at home

Stop, listen to the birds singing

Read a book to someone

Get out in nature

Look for abundance everywhere

Look through "KindnessEyes"

Run errands for someone

Forgive someone

Call a person simply to say "thanks" (think mechanic, hairdresser, friend)

Encourage someone

Compliment a stranger

Dance at home

Donate books

Look for the gift in a situation

Hug yourself

Laugh & joke with someone

Light a candle

Call someone "just 'cuz

Read a book to a child

Say I "love you" to passing cars

Take a walk

Run errands for someone

Weed your neighbor's garden

Your KindnessKounter

Focus on something specific to make it easier to flex those KindnessMuscles. Whether you focus for a minute, an hour, a day, a week, or a lifetime is up to you!

Date

Focus

KindnessKwikies

I saw a kindness

I heard about a kindness

I did a kindness

I received a kindness

Kindness begets kindness.

~Sophocles

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I saw a kindness

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Kindness in words creates confidence.

~Lao-Tze

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Constant kindness can accomplish much.

~ Albert Schweitzer

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This is my simple religion...the philosophy is kindness.

~The Dalai Lama

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Kindness is like a muscle, the more we exercise it the better we are at it.

~ Steven Handel

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I received a kindness _____

Being kind to others doesn't have to be
complex or fancy.

~ Steven Handel

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I received a kindness

The smallest act of kindness is worth more
than the grandest intention.

~Oscar Wilde

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Kindness can become its own motive.
We are made kind by being kind.

~Eric Hoffer

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Think with reason. Play with abandon.
Speak with kindness. Act with courage.

~Mark Nolan

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Each time I perform an act of kindness,
a part of me heals.

~ Lupi Ngcayisa

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Sowing seeds of kindness always reaps
a crop of heavenly blessings.

~Rebecca Barlow Jordan

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I received a kindness

Kindness is the light that dissolves all walls
between souls, families, and nations.

~Paramahansa Yogananda

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I received a kindness _____

Kindness is strength.
~Robert G. Ingersoll

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Our kindness may be the most persuasive argument for that which we believe.

~Gordon B. Hinckley

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Carry out a random act of kindness... someone
somewhere might do the same for you.

~Princess Diana

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Wherever there is a human in need, there is an opportunity for kindness and to make a difference.

Kevin Heath

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I received a kindness

Kindness can transform someone's dark moment
with a blaze of light.

~ Amy Leigh Mercree

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We need more kindness, more compassion,
more joy, more laughter.

~Ellen DeGeneres

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The best portion of a good man's life— his little,
nameless, unremembered acts of kindness and love.

~William Wordsworth

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The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer.

~Gandhi

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This is what kindness does, Ms. Albert said. Each little thing we do goes out, like a ripple, into the world.

~ Jacqueline Woodson

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I received a kindness

You cannot do a kindness too soon, for you never
know how soon it will be too late.

~Ralph Waldo Emerson

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Forget injuries, never forget kindnesses.

~Confucius

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I received a kindness

Be kind in your actions.

~Mother Teresa

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What this world needs is a new kind of army—
the army of the kind!

~Cleveland Amory

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I did a kindness

I received a kindness

Just for today, give away smiles and hugs
and kind words
~Mark Nolan

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What goes out always returns;
remember to be kind to yourself.

~ Janni Styles

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I received a kindness

Be kind. Everyone you meet is
fighting a hard battle.

~Socrates

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I did a kindness

I received a kindness

One who knows how to show and to accept kindness
will be a friend better than any possession.

~Sophocles

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Off to work! Wobble someone's heart today with an intentional word, act of kindness, a simple smile.

~Unknown

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I received a kindness

Remember, there is no such thing as a small act of kindness. Every act creates a ripple with no logical end.

~ Scott Adams

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I did a kindness

I received a kindness

...sometimes one act of kindness is all it takes
to give you hope again.

~Randa Abdel-Fattah

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I received a kindness

I would rather make mistakes in kindness and compassion
than work miracles in unkindness and hardness.

~Mother Teresa

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Needing kindness myself, I am kinder now, and we
get on amazingly well.

~ Lionel Shriver

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I received a kindness

Kindness is a language which the deaf can hear
and the blind can see.

~Mark Twain

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What I want is so simple I almost can't say it:
elementary kindness.

~Barbara Kingsolver

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I received a kindness

One man practicing kindness in the wilderness is
worth all the temples this world pulls.

~ Jack Kerouac

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Kindness is strength.
~Robert G. Ingersoll

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I received a kindness

Kindness is a language more often
misunderstood than taken at face value.

~Joyce Rachelle

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I received a kindness

Kindness and good nature unite men more effectually and
with greater strength than any agreements whatsoever...

~Thomas More

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Nothing,' wrote Tolstoy, 'can make our life, or the lives of other people, more beautiful than perpetual kindness.

~Gretchen Rubin

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There is no wrong way to perform an act of kindness.

~Catherine Ryan Hyde

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I received a kindness

No act of kindness, no matter how small, is ever wasted.

~ Aesop

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Kindness should become the natural way of life,
not the exception.
Buddha

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I received a kindness

One of the most difficult things to give away is
kindness, for it is usually returned.

~Mark Ortman

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Wherever there is a human being, there is an opportunity for a kindness.

~ Seneca

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Kindness is a much more crushing force than anger.

~ Samael Aun Weor

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I saw a kindness _____

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I did a kindness _____

I received a kindness _____

Time itself is created through
deeds of true kindness.

~Dara Horn

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Kindness, I've discovered, is everything in life.

~Isaac Bashevis Singer

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Kindness has no religion. Religions are like narrow tracks
but kindness is like an open sky.

~ Amit Ray

Kindness Ripples Journal

About the Author

As soon as Jerilynne (aka MamaRed) Knight discovered the joy of words on a page, she was hooked...reading, learning, teaching became her version of “crack” and “play.”

She absolutely loved encouraging others, finding ways to be in service to them, and to see them smile with even the smallest kindness. Thing was? She didn't think it was “good enough,” until she really looked around and took inspiration from her now-grown son and how he showed up in the world.

Kindness Ripples: 52 Ways to Ripple Kindness 'Round the World (That Don't Cost a Thing)—the book and the journal—started out as a series of automagically delivered email messages and morphed into a book and a vision for a kind, loving world for all.

Please join her in the quest for:

Voices Heard | Messages Shared | The World Transformed

Let's Connect!

Telephone	203.626.2054
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LinkedIn	LinkedIn.com/In/MamaRed
Facebook (Profile)	Facebook.com/MamaRed
Facebook (Page)	Facebook.com/TameTheBeasties
Pinterest	Pinterest.com/MamaRedPins
Twitter	Twitter.com/MamaRedKnight

It's very simple...

You are loved.

You are loving.

You are lovable.

~ MamaRedKnight