# 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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### **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 Absotively 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** Forgive someone

Use a person's name while shopping Call a person simply to say "thanks" or dining

(think mechanic, hairdresser, friend)

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

Listen within interrupting Compliment a stranger

Dance at home Dance in the grocery parking lot

Fix "it" don't hitch & moan Donate books

Let someone cut in line Look for the gift in a situation

**Hug yourself** Hug someone

Laugh out loud in public Laugh & joke with someone

Laugh out loud at home Light a candle

Stop, listen to the birds singing Call someone "just 'cuz

Read a book to someone Read a book to a child

Get out in nature Say I "love you" to passing cars

Take a walk Look for abundance everywhere

Look through "KindnessEyes" Run errands for someone

Run errands for someone Weed your neighbor's garden

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	Kindness begets kindness	
	~Sophocles	£',
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	Kindness in words creates confidence.	×
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	Constant kindness can accomplish much.	×
	~Albert Schweitzer	, i
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This is my simple religionthe philosophy is kindness.	X
~The Dalai Lama	
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Kindness is like a muscle, the more we exercise it the better we are at it.	1/
~Steven Handel	0
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	Being kind to others doesn't have to be complex or fancy.  ~Steven Handel
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Kindh	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.	Zi.
	~Eric Hoffer	Z Z
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Think with reason. Play with abandon. Speak with kindness. Act with courage.	Kin
~MarkNolan	B
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	Each time I perform an act of kindness, a part of me heals.  ~Lupi Ngcayisa	Kine
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	Sowing seeds of kindness always reaps a crop of heavenly blessings.	
	~Rebecca Barlow Fordan	) The
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Kindness is the light that dissolves all wal between souls, families, and nation	s. S.
~Paramahansa Yoganand	la S
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	Kindness is strength.
	~Robert G. Ingersoll
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Carry out a random act of kindness someone somewhere might do the same for you.  ~Princess Diana	Kindh
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Wherever there is a human in need, there is an opportunity for kindness and to make a difference.  "Kevin Heath	Kine
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Kindness can transform someone's dark moment with a blaze of light. ~Amy Leigh Mercree	Kindh
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	We need more kindness, more compassion, more joy, more laughter. ~Ellen DeGeneres	Kindh
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The best portion of a good man's life— his little, nameless, unremembered acts of kindness and love. ~William TNordsworth	Kinda
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The simplest acts of kindness are by far more powerful then a thousand heads bowing in prayer.  ~Gandu	Kinda
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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.  ~ Facqueline Woodson	Kindh
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You cannot do a kindness too soon, for you never know how soon it will be too late.  ~Ralph Waldo Emerson	Kindh
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	Forget injuries, never forget kindnesses.	
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	~Confucius	
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S Reples journal	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	Kingha
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	Just for today, give away smiles and hugs and kind words ~ Mark Nolan	Kinda
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	Be kind. Everyone you meet is fighting a hard battle.	2.1
	~Socrates	The state of the s
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	One who knows how to show and to accept kindness will be a friend better than any possession. ~Sophocles	Kine
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Off to work! Wobble someone's heart today with intentional word, act of kindness, a simple sm	ile.
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Remember, there is no such thing as a small act of kindness. Every act creates a ripple with no logical end.  ~Scott Adams	Kindh
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sometimes one act of kindness is all it takes to give you hope again. ~Randa Abdel-Fattah	Kindre
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l w	rould rather make mistakes in kindness and compassion than work miracles in unkindness and hardness.	
	~Mother Teresa	Se la constant de la
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N	leeding kindness myself, I am kinder now, and we get on amazingly well. ~Lionel Shriver	Kindh
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Kindr	ess is a language whi a	ch the deaf can hear nd the blind can see. ~Mark Twain	Kindhe
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,	What I want is so simple I almost can't say it: elementary kindness. ~Barbara Kingsolver	Kink
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	One man practicing kindness in the wilderness is worth all the temples this world pulls.  ~ Fack Kerouac	Kine
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	Kindness is strength.
	~Robert G. Ingersoll
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	Kindness is a language more often misunderstood than taken at face value.  ~ Foyce Rachelle	Kind
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Kindness and good nature unite men more effectually and with greater strength than any agreements whatsoever	Kin
"Thomas More	Jan
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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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No act of kindness, no matter how small, is ever wasted.	1
~Aesop	,
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Kindness should become the natural way of life, not the exception. Buddha	Kindhe
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	One of the most difficult things to give away is kindness, for it is usually returned.  ~**Mark*Ortman	Kindh
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Wherever there is a human being, there is an opportunity for a kindness. ~Seneca	Kindhe
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Kindness is a much more crushing force than anger.	
~Samael Aun Weor	
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deeds	created through of true kindness. ~Dara Horn	Kindhe
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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	Kindhu
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### **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 absotively 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!**

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Email MamaRed@MamaRedSpeaks.net

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Twitter Twitter.com/MamaRedKnight

It's very simple...
You are loved.
You are loving.
You are lovable.

~ MamaRedKnight