
The Positive Impacts of the Acts of Kindness

The Power of Kindness

Humans are constantly interacting with one another, whether it's via technology or face to face. These interactions range from conversing at the dinner table to ordering coffee to eye contact made in an elevator. Too often, these interactions aren't used as opportunities to be kind. Negativity is all around us and is an option too many unnecessarily choose. Humans should be kind to one another in order to create a happier environment for all to live and thrive in.

With simple additions to daily life, you can start to feel and spread happiness. If a complement of someone's outfit or being is thought of, it should be said. A few simple words can be the confidence boost someone needed. Always hold the door open for anyone behind you. It is not only polite and considerate, but it's an act that earns another's respect. If eye contact is made, smile at them. A smile gives off an approachable vibe and is an acknowledgement of another's existence. Return favors and good wishes. Say "You too." to a cashier that bids you a good day or offer to buy lunch next time. Show appreciation to teachers, friends, family, waiters, and strangers. None of them had to, but they did. When someone goes out of their way to provide or help another, a thank you is deserved. Little acts of kindness will lead to a more positive spirit and environment.

Kindness is the logical choice, but it should be the original choice. It does not cost money. Being kind earns one's trust, love, and respect. One should be nice first because one can still choose to be mean later. But once mean, the kindness won't seem genuine or credible. Not a single person fully knows what another is thinking or dealing with. A rude comment or an eye roll can be enough to push someone to the edge. A quick compliment or a smile can be enough to push someone to climb and conquer.

We can all hope for change; for a kinder community. But if we live our lives as examples, we can guide others to achieve such a community. Our beings alone can lead to change. The power of a small gesture or a slight smile is enough to change a person's attitude or day. Smiles are contagious, like yawns. If one person smiles at just one person a day, that's two people a day happier (the giver and the receiver). Kind acts will inspire others to take the lead and pass on the kindness. In time, not in my lifetime but in time, kindhearted people could become the majority. It just starts with a smile.

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