IF YOU CAN'T BE KIND BE NICE

Celebrated globally on the 13th November, World Kindness Day is a reminder for all to create a kinder world by pledging to do good deeds and encouraging "random acts of kindness", be it on a large or small scale.

There are currently over 28 nations affiliated with the "World Kindness Movement" – an organisation formed in Tokyo that was first launched in 1998 – aimed at inspiring individuals and businesses to take part in charity events, providing a range of resources.

But even if you don't have spare cash to throw toward a charitable cause, you can still participate, by simply being nice to others.

In fact, there is so much you can do that can change the world for the better that won't cost you a thing.

Based on an article written by happiness coach, Silvia Mordini, along with some other ideas borrowed from *InspireMore.com*,

if you want to be a nice person, here are 13 suggestions to practice.

"Be the change you want to see in the world" *by....*

1. Complimenting someone in a meaningful way

2. Letting someone in your lane while driving.

3. Holding the door open for someone.

4. Giving of your time to a friend or someone who needs it.

5. Visiting someone who has been sick or is still in hospital.

6. Forgiving someone who has offended you.

7. Helping someone (for example a new mom) get some rest, for example offering to run an errand, watch the kids, bring them dinner etc.

8. Giving up your seat for another person to be more comfortable.

9. Pausing before you speak and choosing words with positive intention.

10. Sending out a kind email or text to thank someone, unexpectedly.

11. Picking up litter or taking someone else's dirty cup to the kitchen.

12. Trying not to complain (see if you can do it for three consecutive days).

13. Smiling more often! It really is one of the quickest ways to brighten up another person's day.

There have been many studies proving that there is a direct correlation between kindness and happiness. Not surprisingly, the more you exercise kindness and practice being nice towards others, the happier you will be.

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