

## Random and Consistent Acts of Kindness

1. Random Acts of Kindness (RAK) can occur spontaneously throughout your day.
2. You might want to set a reminder or a cue that can help you remember to engage in one RAK throughout your day.
3. You can try this daily for a period of one week.
4. Consistent Acts of Kindness (CAK) involve planning these events with specific people.
5. You might want to try them with your close relationships and set a plan for each day of the week or once a week.
6. Bring awareness to your thoughts and feelings throughout the whole process.
7. You may want to record your reflections in a notebook.

### Adapted from:

- Passmore, J. & Oades, L. G. (2015) Positive psychology techniques: random acts of kindness and consistent acts of kindness and empathy. *The Coaching Psychologist*, 11(2). pp. 9092. ISSN 1748-1104. Available at <http://centaur.reading.ac.uk/81936/>

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