**Kindness Currency: The Qualitative & Quantitative  
Lyle Benjamin**

Qualitative:

Kindness takes on many forms. In human interaction, it’s the compassion, empathy, respect, and civility we need to show each other regardless of our differences. On a more ambitious level, it’s those same qualities that we need to employ in our interactions with other species, other ecosystems, and the planet itself.

We have one planet, and we have one people on the planet. It’s that simple. And it’s important that we all start acting like it — even if we don’t yet fully buy-in or think we can make a difference. At the minimum our own Quality of Life demands it and our survival as a species might very well depend on it.

The currency for kindness, as it now exists, is made up of Random Acts of Kindness. The attraction of Random Acts of Kindness is that they happen suddenly, out of the blue, and give you a momentary jolt of happiness.

But just like finding a $20 dollar bill on the sidewalk, it’s transitory and the feeling and the effects don’t last long. Some of the most popular ways people volunteer are working in a soup kitchen, doing a fund-raising activity like a walk-a-thon, or cleaning up a park. These are all great things to do but they don’t really affect much change in the long run.

Planned Acts of Kindness’ programs are based on psychology and sociology and use a series of systems with constant deliverables that can be tracked, measured and fully scalable. Planned Acts of Kindness and the One Planet One People Clubs operate on what I call, a **Compassionate Cycle:**  One positive planned action you do leads you to do another positive planned action, and so on — and the more you do the better you and others are.

The more activities you do, the more others will join and participate. The more people we have participating, the faster we can change the climate of the planet, both figuratively and literally.

Planned Acts of Kindness brings people together to work on significant social issues and collaborate with clubs and institutions from other communities on a local, regional, national, and global scale.

This is how we change a ripple into a wave and into a tsunami for positive change in the world — and it all starts with recognizing, valuing, and rewarding people for what they do through the Currency of Kindness.

Quantitative

Planned Acts of Kindness founder Lyle Benjamin created, pitched, and successfully launched Relationships Today, the first newsstand magazine exclusively devoted to helping people with all types of relationships:  Intimate, family, friendship, and work. With a distribution of 160,000, it was widely praised by readership and the psychological community for offering well-researched and practical information in an engaging package that benefited its readers.

Benjamin also created the best-selling relationship board game, Romantic Journey, which sold over 40,000 copies from point of purchase displays in a limited number of retail outlets across the country.

Benjamin’s former meeting and event planning company scouted, coordinated, and managed over 50 different types of events from workshops, seminars, meetings to product launches, fashion shows, and gala events for clients including The New York Times, American Express, Microsoft, Walt Disney World, Oracle, and Citibank. His meeting and special events publication, "The Locations Etc. Directory" was sold in Barnes and Noble and other bookstores.

In 2010 Benjamin created the 501(c)3 educational not-for-profit “16 Things Kids Can Do” that works for the betterment of kids, people, and the planet. Approved and recommended by top universities including NYU, Columbia, Harvard, MIT, University of Pennsylvania, the organization provides skill training in over 20 disciplines to college undergraduate and graduate students through its internship and mentorship program.

In 2019 Benjamin launched Planned Acts of Kindness, a Global Social Responsibility program where people around the world wake up, and on their cell phones, computers, and devices, there’s a new planned activity that they can do with their family, friends, co-workers, and in their community. The goal is to have millions of people around the world doing the same thing, on the same day, and unleashing that much positive, powerful energy into the world.

In 2019 Benjamin created the One Planet One People concept after being invited to participate in an Earth Day Event. During the event, Planned Acts introduced the program to kids and adults and took over pictures with over 350 people who agreed to show their support.

Jointly, 16 Things and Planned Acts have educated hundreds of students in their internship and mentorship program.  As the program shifted to internet-based, the number of students accepted into the program can increase, and 2021 enrolled is slated at over 200 students from over a dozen countries including Ghana, Nigeria, Cameroon, Kenya, Uganda, China, Korea, India, England, France, Russia, Ukraine, Canada, Mexico, Brazil, Afghanistan to date.

Because of COVID-19, Benjamin delayed the 2020 launch of The Karma Club and One Planet One People until 2021. Best-Selling “Chicken Soup of the Soul” author Jack Canfield has pledged to promote Planned Acts of Kindness to his 1,000,000 plus followers.

The Peace Corps has designated Planned Acts as a partner program and will jointly promote PAK programs to its current 12,000 members as well as alumni.

United Nation’s NGOs from numerous countries have pledged to support Planned Acts programs and have agreed to work on 16 Things books for Mental Health and SDG issues.

Planned Acts has partner programs with educational NPOs in Africa that have over 60,000 youth participants. Planned Acts programs are also supported by the Wesleyan Church with over 1,700 churches in North America.

Benjamin will use these connections, programs, and others to outreach and engage participants in the Kindness Currency Karma Coins and the Kindness Exchange.

Supplemental

AKs mission is to have millions of people around the world working together on common causes with a common focus. The problems of the world — climate change, pollution, overpopulation, pandemics, terrorism, and war —are not going to be solved by governments, corporations, or religions, but by ordinary people coming together for a common cause:  The betterment of kids, people, and the planet.

Benjamin is the author of several fiction and non-fiction books including "The Working Dead" and "16 Things We All Can Do To Act Right & Help Save The Planet!" Benjamin’s organization, Planned Acts of Kindness (PlannedActs.Org) has pledged to give away his latest book, "Legacy Lifelines Memorial," for free to every family in the world that has lost a loved one to COVID-19.

Additionally, the Organization has created Legacy Lifelines COVID-19 Memorial Day — A Day of Remembrance and Celebration of loved ones lost where each month on the 19th there will be a webathon featuring stories, videos, music, art, and testimonials.  (PlannedActs.Org/memorial19)