**Acts of kindness** (adapted from *The Resilience Project* at Wofford College). In a study conducted by Otake and colleagues (2006), the authors investigated happiness in undergraduate students. The study found the following results:

* The number of happy daily experiences was associated with the degree of happiness felt.
* The most common happy experiences involved social and romantic relationships.
* These happy events usually involved acts of kindness.
* A happiness intervention worked. One group of participants was asked to keep track of every act of kindness they performed and to report the daily number of these acts. After one week, the intervention group (kindness counting) reported a significant increase in their happiness as compared to the control group (no kindness counting).

In summary, there is evidence that being kind and taking note of being kind can actually make you happier.

Brainstorm four ways to be kind today, and at the end of the day, assess if you did them.

1.

2.

3.

4.

sdf