

## Spiritual Growth Exercise

December 2017

### Give a Gift of Kindness

Often the month of December, although meant to be joyful, can be stressful. Your spirit can become exhausted with all of the extra things you put on your plate during the holiday season. I have learned there is a way to lift your own spirit while lifting someone else's spirit at the same time.

Give a gift of kindness! During the month of December do something nice for someone else at least once a week if not every day. Acts of kindness can be very small and yet have a big impact on the spirit.

Here are a few ideas...

- Open a door for someone
- Offer to carry a bag
- Call a friend just to chat live (instead of texting)
- Volunteer for a fundraising event
- Visit a neighbor
- Share your supper with someone in need
- Leave a little extra to pay for the car behind you at the drive-thru
- Smile
- Offer words of encouragement

Your own ideas...

*How beautiful a day can be when kindness touches it.*