



# KINDNESS

One of the Six Pillars of Character



# WHAT IS THE DEFINITION OF KINDNESS?

# THE MEANING OF KINDNESS

The quality of being friendly, generous and considerate

## WHAT ARE SOME OF THE PRINCIPLES OF KINDNESS?

- Give with no expectations
- Understand that self-sacrifice often leads to self-sabotage
- Practice the golden rule
- Radiate kindness
- Practice non-discriminatory kindness



# TEN ACTS OF KINDNESS



- SMILE!
- Hold the door open for someone
- Give an honest compliment
- Thank someone who you appreciate
- Be a good listener
- Offer your help to someone
- Ask the person who is serving you how their day is
- Treat someone to coffee or tea
- Let someone go past you in the grocery queue
- Send flowers or chocolates to a friend out of the blue

**No act of kindness,**  
*no matter how small,*  
**is ever wasted.**  
- Aesop



As a Rotarian, we are taught to honor and abide by the Four-Way Test. While it's not spelled out, kindness is a part of this test.

