10 WAYS TO CULTIVATE KINDNESS
WHILE SOCIAL DISTANCING

1. ATTEND TO YOUR HEART
   Place your hands on your heart and breathe.

2. BE PATIENT
   Give yourself and others the benefit of the doubt.

3. CELEBRATE GOOD NEWS
   Share uplifting stories on social media.

4. LISTEN TO MUSIC
   Play music that makes you smile, sing and dance.

5. CONNECT WITH SENIORS
   Write cards or draw pictures for seniors.

6. DISPLAY YOUR THANKS
   Put a thank you sign up for your delivery people.

7. SEND CONDOLENCES
   If you hear someone has lost a loved one, send them a card or video.

8. OFFER ACCOLADES
   Let managers know when you receive extraordinary service.

9. DONATE TO CHARITY
   Give to charities and local businesses in need of support.

10. VOICE YOUR LOVE
    Tell someone you love them today.

lindacohenconsulting.com