Amy Krouse Rosenthal's Thought Bubble: Kindness ▶

What constitutes a life worthy of being remembered? How do you want to be remembered? It's a whopping question as grand and important as they come. It shakes you up and gets you thinking about the big existential picture. It's all too easy to just slide from one day to the next on autopilot, being steered by our daily to–do lists

At the end of a life, at the end of your life, when everything else falls away, what essence emerges? What have you filled the world with? In remembering you, which words will others choose? I wonder. Don't you? Of all the possible adjectives, I think that if the word 'kind' appears in the mix, chances are very good that you have led a life worthy of being remembered. Kindness acts as a worthy marker that way."

Here's something i observed many years ago while romping around the thrift shop. An older woman was struggling to refold a large blanket, another customer quietly walked over to her grabbed an end and together they quickly and efficiently folded the blanket. The old woman thanked the young man and then everyone went back to their browsing.

This act was not major heroic but it was major kind. A society is actually fueled and propelled by kindness. There's a sort of economics to it.

There's a phenomenal book that delves into this very topic. It's called born to be good and it centers around Jen Science – Jen being a Chinese term not a girl's name.

I quote from the book – "Jen was the central idea in the teachings of Confucius and refers to a complex mixture of kindness humanity and respect that transpires between people." Modern Jen Science shows that positive and negative interactions can actually be charted creating what they call a Jen ratio. A high Jen ratio, meaning more positive human interactions than negative is central to a meaningful life, to goodwill in a school, in a community, even to a thriving society.

If there's one thing you remember from our minutes here – remember this book, Born To Be Good. Bright yellow cover.

Amy Krouse Rosenthal's Thought Bubble: Kindness

So lucky for us kindness is an easy and natural thing. All it requires is an awareness of those around you, being in tune to your fellow human. Maybe even, oh the thought of it, turning our gadgets off for a second.

I share this last anecdote from one of my favorite magazines called, The Sun.

A gentleman went to the doctor with various ailments. The doctor asked questions and listened closely to what the man had to say. After a thorough examination, the doctor scribbled something down on the prescription pad and handed it to the patient. Here's what he prescribed;

LESS CNN. MORE MOZART.

To round out, the cure I'd add – more kindness.

Finally, we might ask how do we collectively as a people want to be remembered. What is our purpose? Who are we? I think the answer is built right into the word – we are MAN KIND.

Oh and about that blanket folding man at the thrift shop? After witnessing that moment you know what I did? I married him.

I'd like to be remembered ...

_____

_____

_____

HOW I WANT TO BE REMEMBERED

Write and tell us about how you'd like others to remember you. .

I'd like to be remembered as someone who _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

KINDNESS IS

Write down one thing that is kindness, starting with each letter.

K _____

I _____

N _____

D _____

N _____

E _____

S _____

S _____

Kindness Challenge

Improve a Skill for The New Year	Help a Friend	Donate Gloves/ Scarves
Use Blankets Instead of the Heat	Smile	Write thank you notes for Cristmas Presents
Give a Care Packege	Let Someone Go Ahead of You	Buy a drink for someone
Shovel Someone's Driveaway	Say "Good Morning"	Leave a Happy Note
Make someone coffee/tea	Buy Coffee for Someone	Cheer Up Someone
Read a book about kindness	Take cookies to librarians	Bake someone a pie
say thank you to someone	Make Someone Laugh	Help Someone in Need

Please visit us!

The largest and most complete lesson library on the web.