

Humanity 101

Not feeling the love lately? When you're low on the receiving end of the affection, take matters into your own hands. Giving is the No. 1, drug-free anti-depressant. And the objects of your affection don't have to be restricted to a national holiday like Valentine's Day, or to those closest to you. Why not spread it around? Hop on the Luv Bug and put it in gear.

THINGS YOU'LL NEED:

An Enthusiastic attitude
Motivation and Opportunity
A bucket list of Random Acts of Kindness

HERE ARE SOME IDEAS TO START:

1. In the car, allow someone to jump ahead of you in traffic.
2. Send a care package to a soldier that you don't know.
3. Buy a coffee for someone in line behind you.
4. Send a cupcake to the most abused person in your office.
5. Make a pot of soup for your elderly neighbor.
6. Walk your sick friend's dog.
7. Give some hot tamale candy to someone who doesn't know how beautiful he or she is.
8. Volunteer at a charity event where you don't know anyone.
9. Drop filled-out greeting cards off at a retirement home.
10. Buy a bike for a local children's shelter.

HOST A "PAY IT FORWARD" PARTY.

PIF is a social movement: do something nice for someone and instead of expecting something in return, ask them to do something nice for three other people - then those people do the same - the acts of kindness fan out, multiplying exponentially. A PIF party is easy to throw, bring together friends and friends-of-friends to inspire each other - like a throwing a fundraiser for a charitable cause, without passing the hat at the end. Here's some party elements:

Write sample acts of kindness on coasters (like the ones above to start you off) with a sharpie.

Serve a custom "Volunteer Cocktail" - Fill a shaker 2/3 up with ice, then add a shot of vodka, a shot and a half of extra-strong coffee or espresso, 2 dashes of sugar syrup and a dash of coffee liqueur (like Kahlua). Shake, then strain into a cocktail glass and garnish with three coffee beans.

Print "kindness pledges" for guests to sign and complete. The pledge can be simple: be kind to yourself, be polite in bad traffic, refrain from screaming at the kids next door - the fun and funnier the better.

Go to the Kindness Center website
TheKindnessCenter.com

and the PIF web site
PayItForwardFoundation.org

for more ideas and information.

Tell a friend about your plan to spread kindness - invite them to participate in your campaign. Make a video of your acts and ideas and upload it to YouTube to inspire others to spread the love.