

@HOUSTONKRAFT

Cofounder of *Character
Strong*



*Character
Strong*

THE HOT DOG SEAT.



**KINDNESS IS HARDER
THAN IT SEEMS.**



Throw
Kindness
Around Like
Confetti

KINDNESS ISN'T
FREE



*Character
Strong*

**KINDNESS IS A
BEHAVIORAL BYPRODUCT
OF LEARNED SOCIAL
EMOTIONAL SKILLS.**



**WHAT DO
WE NEED?**



*Character
Strong*

WHAT DO WE NEED?



*connection
competence
consistency*

connection



WHAT DO WE NEED?



*connection
competence
consistency*

In the Chat:

**WHAT IS A SKILL NECESSARY
FOR THE PRACTICE OF KINDNESS?**



*Character
Strong*

competence

EMPATHY

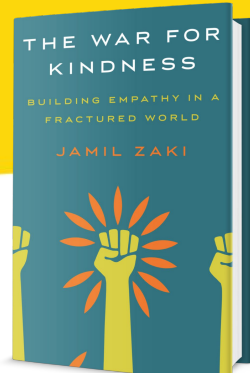


*Character
Strong*

competence

EMPATHY

SHARING / THINKING / CARING



competence

SHARING

“Experience ***sharing***” is one element of ***empathy***. When we see someone else having a strong emotion, it sometimes causes us to feel the same way.







competence

GLAD WORDS

Relaxed
Content
Secure
Happy
Hopeful
Proud
Playful
Confident
Optimistic
Enthusiastic
Inspired
Ecstatic
Joyful
Loving

AFRAID WORDS

Startled
Worried
Insecure
Stressed
Anxious
Frightened
Rejected
Embarrassed
Alienated
Inferior
Inadequate
Overwhelmed
Terrified

SAD WORDS

Down
Discouraged
Disheartened
Apathetic
Sullen
Morose
Lonely
Ashamed
Despondent
Depressed
Hopeless
Despair

MAD WORDS

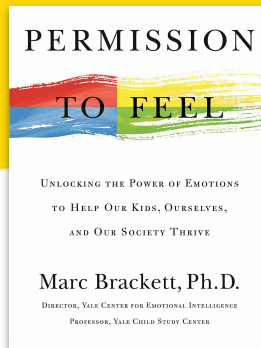
Irritated
Annoyed
Tense
Jealous
Frustrated
Disappointed
Resentful
Hateful
Livid
Infuriated
Enraged

What's been your primary feeling this past week?

competence

Anger vs Disappointment

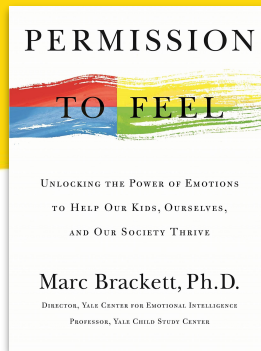
Perceived Injustice vs Unmet Expectations



competence

Stress vs Pressure

Too Many Demands, Too Few Resources vs
Something Is Dependent On My Performance



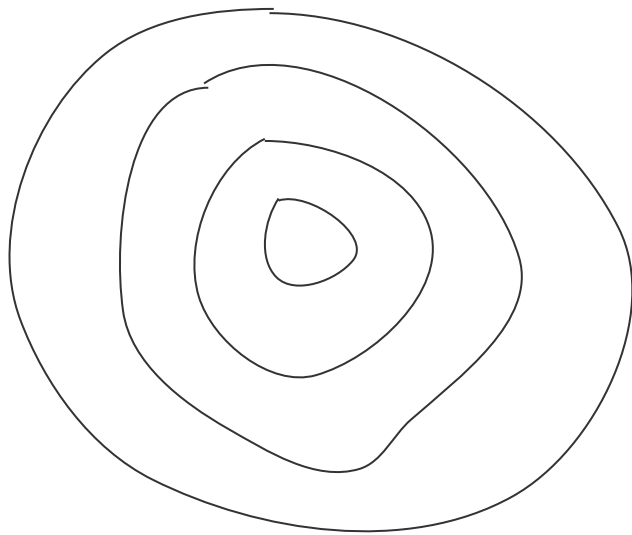
competence

THINKING

When it comes to **empathy**, *“thinking”* is all about perspective-taking. It’s about *trying* to understand someone’s inner life and picture how an event might affect them based on *their* reality and *their* needs.



competence



The farther away from our lived experience, the harder the work.

competence

- DIFFERENT INCOME
- GREW UP IN A DIFFERENT STATE
- DIFFERENT FIRST LANGUAGE
- DIFFERENT RACE
- DIFFERENT GENDER
- DIFFERENT SEXUAL ORIENTATION
- DIFFERENT RELIGION
- DIFFERENT POLITICS
- DIFFERENT MUSIC PREFERENCES
- DIFFERENT INTERESTS
- DIFFERENT AGE
- GREW UP IN A DIFFERENT COUNTRY
- DIFFERENT PHYSICAL NEEDS
- DIFFERENT MENTAL NEEDS
- DIFFERENT FASHION
- DIFFERENT FAVORITE FOODS
- OTHER DIFFERENCES (WRITE IN YOUR OWN)

Which would be in your closest circle? Farthest?

competence

CARING

When **empathy** transforms into Kindness. Compassionate action.



competence

PERSON

competence

PERSON

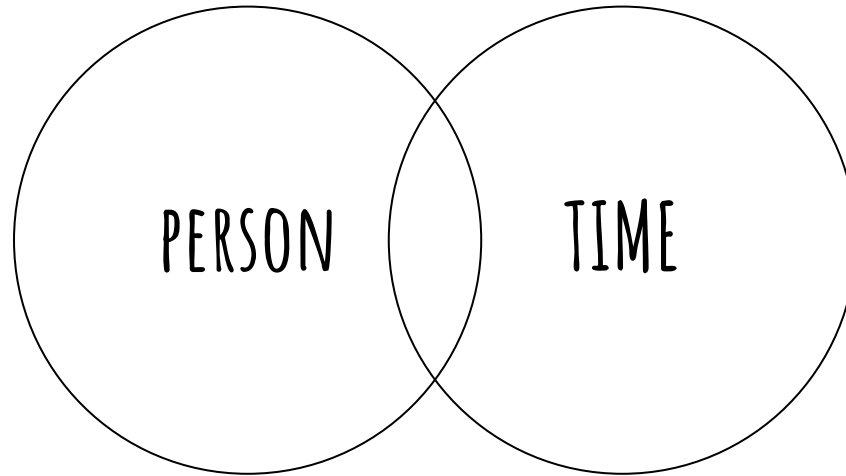
Someone you admire

constraint

PERSON

DEAR (SOMEONE YOU ADMIRE),
YOUR HEART IS AS BIG AS A _____
& YOU LEAD WITH _____.
I ADMIRE YOU BECAUSE _____.

constraint



constraint

PERSON

TIME

If you only had 3 minutes...

Someone you could use encouragement

Someone who you admire

Someone who makes you laugh

Someone who is wonderful at their job

Someone who you respect deeply

Someone who makes Zoom meetings fun

Someone who is a mentor

WHAT DO WE NEED?



connection
competence
consistency



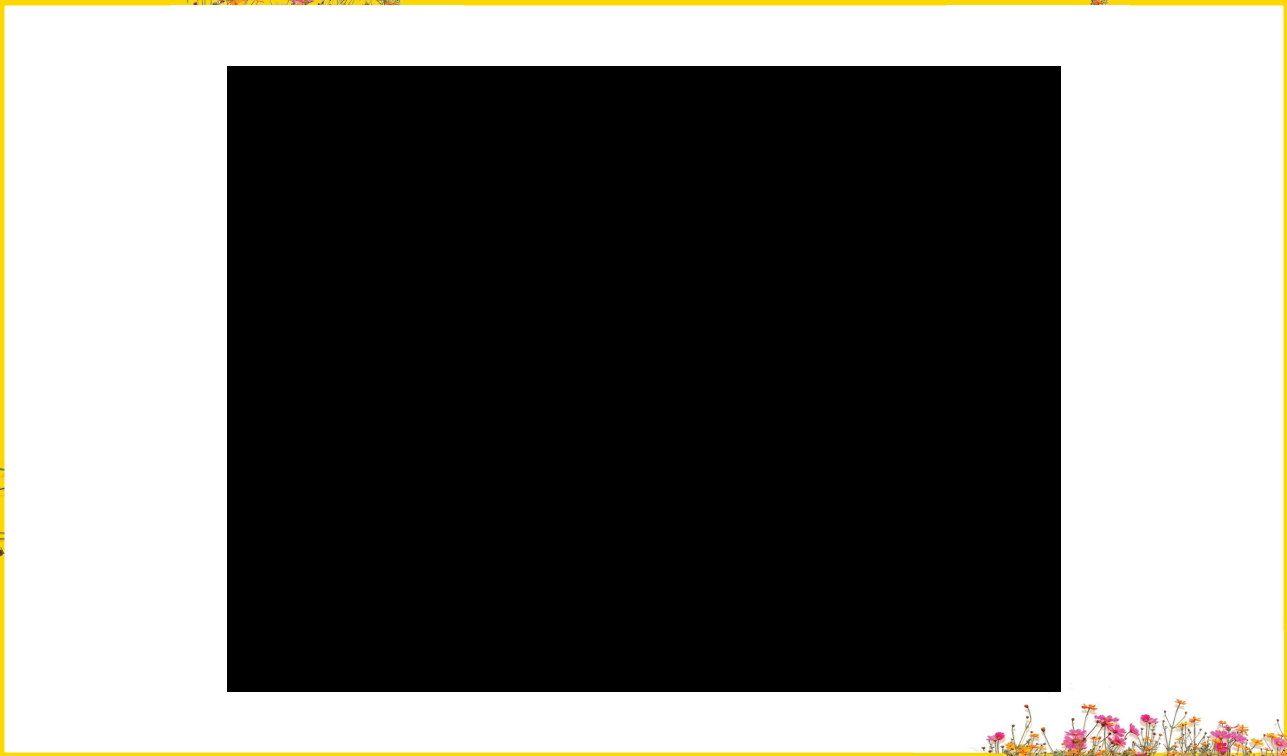
*Character
Strong*



*Character
Strong*



*Character
Strong*





*Character
Strong*



TO BE > *To do*

consistency

**45% OF OUR DAY IS
HABIT**



*Character
Strength*

consistency

**1% MORE
KIND**



*Character
Strong*

TO BE

Kind: Send a note to an encouraging note to a staff member who I know is struggling with compassion fatigue.

To do

Get inbox down to 55

Hang my clothes

Approve a new schedule

In the chat...

**1 WORD ON YOUR
TO BE LIST**




*Character
Strong*



1% More Kind

Write out a 3 item To Do List and make a 1 item To Be List up top. Include an action to live into that value today. It could look like this:

- 
- 1. Empathetic:** Send a, "How are you from 1 to 5?" to a friend
 - 2. Encouraging:** Celebrate a peer today for how they were creative
 - 3. Positive:** After 5 minutes on social media, write one GOOD thing
 - 4. Thoughtful:** Write a post-it to a family member & hide it with hints
 - 5. Kind:** Send a "this reminds me of you" message to an old friend

THE HOT DOG SEAT.





MAKE
Kindness
NORMAL

Character
Strong

WHAT DO WE NEED?



connection
competence
consistency

Throw Kindness
Around Like

~~Confetti~~

it's the most
important and
meaningful
resource we
have.



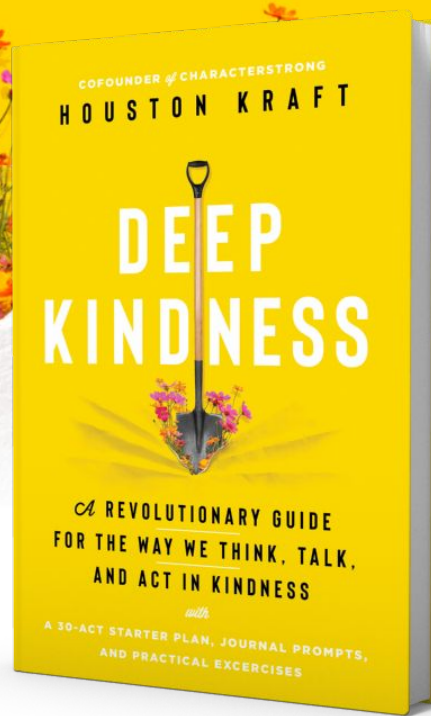
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