

## Activity: A.O.K.

### Time: Varies

A.O.K. stands for **acts of kindness**. This is one of my all-time favorite activities. Before I get into the steps, let me first ask you a question: how do you feel when you've been able to help someone else? It feels great, doesn't it?

A fast and simple way to strengthen self-esteem is to help someone else. You might remember that your self-worth is strongly connected to your self-esteem, and of course, your self-confidence. Focusing on and strengthening your self-esteem will have a positive impact on your self-worth. The bonus with this activity is that you're putting kindness out into the world.

### Step 1

When you wake up in the morning, set a target number for how many **acts of kindness** you will aim to accomplish that day. Remember that the more you do, the better you will feel. Also, keep in mind that you want to set yourself up for success, so make sure that your target is realistic.

### Step 2

**Acts of kindness** no matter how small can be incredibly powerful. Below is a list of some suggestions, just to get your creative juices flowing. There are opportunities to perform acts of kindness in all aspects of your daily life. Keep your eyes open and pay close attention to the world around you for inspiration.

- Holding the door for someone.
- Helping someone carry something awkward or heavy.
- Giving up your seat to someone on the bus, train, etc.
- Telling someone they have a beautiful smile.

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- Thanking someone for their service.
- Paying for someone's coffee or meal behind you in line.
- Leaving someone an extra tip to say thank you.

### Step 3

Keep a record of the **acts of kindness** you perform and note how they make you feel. You have no idea the impact your kindness will have on someone else. You could be the bright spot in their day or the difference they needed.

Back in New York City, I was at the bar ordering drinks while waiting for a table at a restaurant. The bar was slammed. There was no room to move at all, and the bartenders were working their tails off trying to keep things moving.

There was a person to my right who clearly thought he was the most important person in the room, and he just laid into one of the bartenders, yelling at him for not finishing his order before starting on another. It was not a pleasant scene to behold.

When that not-so-pleasant individual finally left, I leaned over the bar and thanked the bartender. "I've noticed how hard you're working to keep things moving and ensure that no one waits too long for their drinks. I truly appreciate you and your service. Thank you."

Toward the end of our dinner, the bartender came over to our table and brought us a cheese course to finish our meal.

He said, "I just wanted to thank you so much for what you said to me earlier. You have no idea how close I came to quitting my job at that moment. Thank you for acknowledging me and my service."

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