



Get more of what you want and less of what you don't, both personally and professionally.

NICE!

“Do things for people not because of who they are or what they do in return, but because of who you are.”



STEPS TO SUCCESS

– Harold S. Kushner



How has Someone Been Nice to You? Reflect on the last time someone did something kind for you, whether they were a stranger, friend, or family. Write down how it made you feel.

Smile and Say Hello! The next time you are walking put your cell phone down, lift your head, and when you pass a stranger smile and say hello.

Be Nice to the Earth. The planet works very hard to produce our fruits and vegetables. Be mindful of this and thank the earth for its bounty. Remember to throw away your trash and if you see any that is not yours, pick it up and throw it away anyway!

Say or write a “Thank You”. When someone does something nice for you, big or small, acknowledge it by thanking them with a note or a smile!

Be Mindful of Others. You never know what someone is going through, or why they are acting the way they are. Keep this in mind when someone does something *unkind*, and rather than retaliate with a negative attitude, be gentle and kind.

Do Small Acts of Kindness! Whether it be bringing your co-workers’ treats, visiting a neighbor to check-in on them, or buying a coffee for someone, small acts of kindness will create a positive ripple effect.



No matter how small your step, as long as you take it in the right direction, that’s Positive Forward Motion.