

# The Random Acts of Kindness, History in the Making Game!

“Commit Random Acts of Kindness  
and Senseless Beauty”

Variations on this underground slogan have been circulating for some time now. Acts of kindness can be anything: opening a door for someone, giving away roses or balloons, complimenting a cashier, reading to a friend, taking a meal to someone ill, picking up litter, or offering a sincere expression of love and appreciation to a friend, stranger or enemy.

*How many creative ways can you  
imagine to express your unique talents  
in kind and beautiful ways?*

*How would the world feel or be different  
with millions of people deliberately  
performing acts of kindness?*

You are holding in your hand a game designed to deliberately manifest kindness in a form that expands exponentially. It is designed in such a way that you (the player) choose your level of participation.

*Prepare to experience  
some magical results  
while playing this game.*

Would you like to participate in ...

## History in the Making!

Does this sound grandiose, momentous or just a little bit daunting?

History is often viewed as “our past” and seems somehow separate from us. Making history is really very simple.

It involves 6 steps.

1. Imagine things that you can do.
2. Decide what you *will* do.
3. Do it.
4. Appreciate your experience of it.
5. Document it.
6. Someone reads it.

### Here is the math.

If you deliberately perform two acts of kindness a month for two years the results by your last month would be: 2 acts that month, 48 in all. If you perform two acts and also share this game with 2 people the results in your last month would be over 33 MILLION and total acts would be over 67 MILLION!! Hard to grasp? Check it on your calculator if it goes that high. Just press  $2 \times 2 = 4$   $4 \times 2 = 8$   $8 \times 2 = 16$  etc. 24 times.

### Questions for your journal. . . .

How did your acts effect your experience of being alive? In what ways did your actions impact others? Did playing the game effect you in any unexpected or surprising ways? Did your experience make you want to keep playing?