

HUMAN KINDNESS

5 - DAY JOURNAL



parenting on Hourglass Time





A KINDNESS STORY

One day things changed for me. It was an organic change I hadn't noticed until this moment. My son came home from school and told me how a boy in his class had chucked his water bottle in the bin. This boy also said to my son "My Mum hates you".

This is where I shocked myself...
Without thinking I said, "I hope his Mum is okay".

Why was I shocked? Because previously to this, my automatic response would have been filled with judgement, anger & resentment for both this boy and his Mum.
But on this day, that's not how I reacted.

We talked about how we could be extra nice to him or just give him some space for a few days, that might be a great way to support him in case something is going on for him.

Anyway a few days later and my son told me that this same seven-year-old boy didn't have any lunch. He explained how the school had called his Grandmother but she couldn't come and then he had to have an emergency lunch.

I said, "Isn't it great that we responded the way we did to him the other day, maybe something is happening for him". We sent some positive thoughts to them and packed a little extra the next day just in case he didn't have lunch again.

We had introduced Gratitude into our daily lives about a year earlier and I'm confident that, plus Hourglass Time had influenced the way I responded.

I asked my boys how Gratitude had changed their lives and they responded:
"I am much kinder to my brother" and
"We used to be mostly nice people, but now we are all the way, nice people".

Out of the mouths of babes! There you have it, the key to kindness.
For more information on our Gratitude practice, please see my website and Facebook page. I have a video available.

So this journal is my little gift to you, to begin the process of reflecting on kindness. It's an invitation to join us as part of Human Kind-Ness.



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REFLECTION TIME

As I remember back to life before Hourglass Time with my family, I feel a sense of guilt. I feel like we weren't as kind as we could have been. Since HGT came into our world, we have started being so kind to others, from people who are serving us, to people we share the road with, to friends at school and beyond. I have noticed such growth in my children, & in me. I'm sure you want your children to be kind to others and it starts with you. If you look around, there are countless opportunities daily to be kind.

Take a moment to honestly reflect on how kind your family is. Consider the language you use about & with other people. What meaning do you think your children make from the conversations you have? Children are meaning-makers, so being intentional about developing their kindness is the place to start.
Write down 1-3 changes you plan to make so you and your family can be part of Human Kind-Ness.





25 WAYS TO BE KIND

Choose some options below for this week or design your own kindness initiatives:

1. Buy someone a coffee
2. Offer a friend to look after their children
3. Let people in when you are in traffic
4. Send someone a nice message
5. Think generously about someone who frustrates you
6. Practice forgiveness - in your mind think of someone who you need to forgive. Close your eyes & say "I forgive you, I'm sorry, I love you"
7. Talk to people walking past you in the street
8. Volunteer your time
9. Observe your thoughts and focus on the positive ones - #goodnewsday for you
10. Pack away your table at a café & genuinely thank them
11. Give thanks to your team at work
12. Pick someone some flowers
13. Laugh out loud at jokes
14. Put your phone away and be present (Hourglass Time) with people
15. Remind someone about something important
16. Invite someone to join you for an adventure
17. Pick up rubbish - this one is about being kind to the environment
18. Recycle!
19. Eat well - This is about being kind to you
20. Tell your partner if you have one, what you appreciate about them
21. Tell your children if you have them, what you appreciate about them
22. Look into the eyes of the person serving you
23. Read a book and share your favourite quote
24. Write positive things on your Social Media accounts - we infect others with our attitude - let's infect them positively
25. Help someone or help an animal



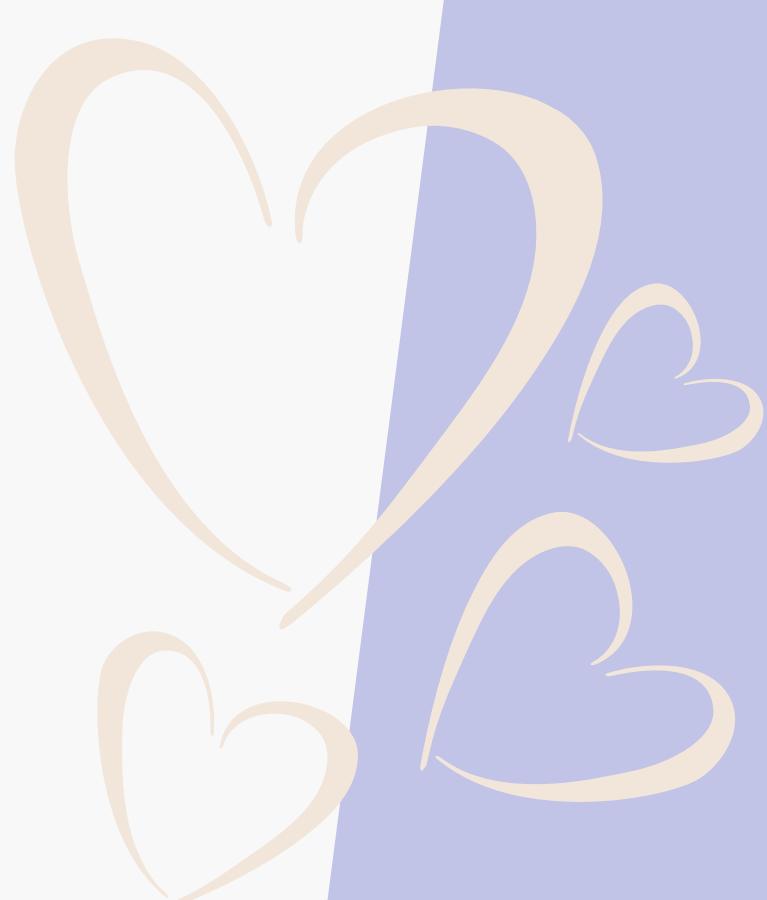
SEND LOVE

TODAY IS ABOUT BEING AWARE OF WHAT AND WHO IS AROUND YOU. NOTICING EVERYTHING! THEN... SEND LOVE TO ALL OF IT.

It might seem strange at first but love practice is something that has helped me to be the kindest I've ever been. That moment when frustration arises in me, I just send that situation/person love from my mind and a shift happens. You will settle in your mind and you will have a positive interaction with them.

Enjoy! xxx

How did it feel?



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HUMAN KIND-NESS

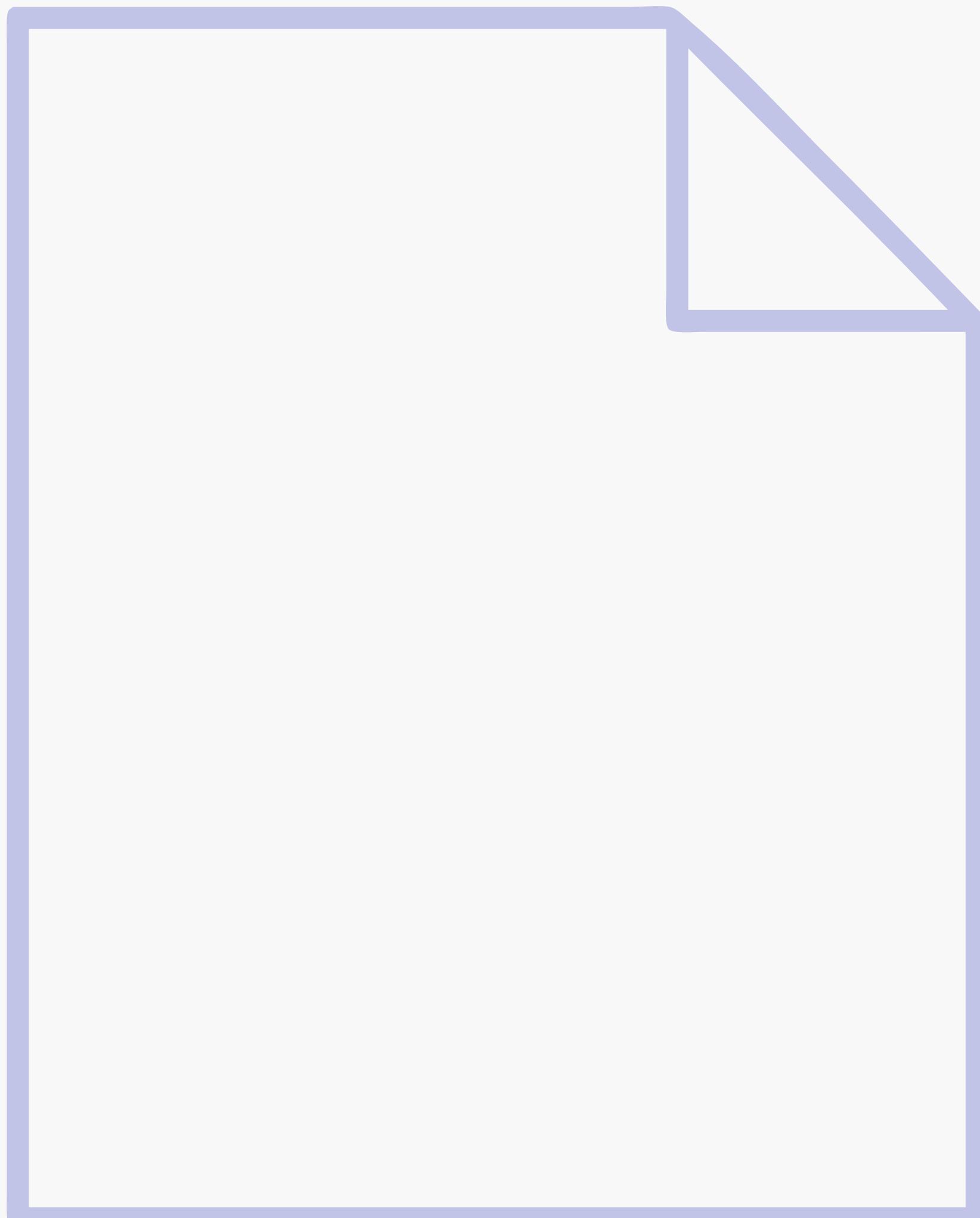
THINKING GENEROUSLY ABOUT OTHERS IS ONE WAY TO BE KIND. 😊

Take a moment to think of someone who frustrates you, upsets you or makes you angry. This could be someone from work or someone from home.

Okay now breathe, before you get too worked up.

I invite you to think generously about this person. Imagine they are trying their best and had no intention of upsetting you. Jot down how you could shift your thinking about them and how you might move forward within this relationship.

This process will also be healing for you!



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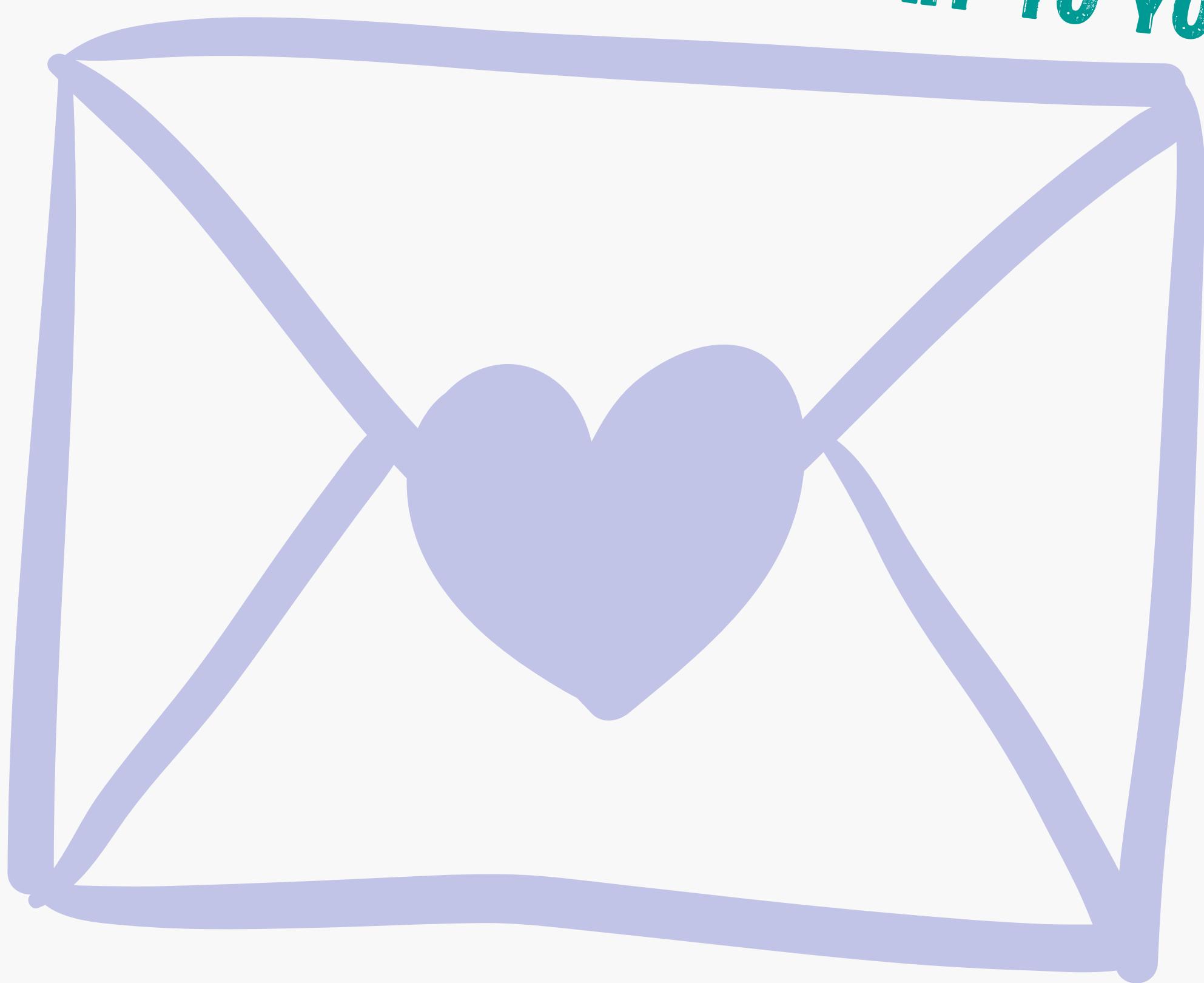


SELF KINDNESS

Write down in the envelope 4 goals or commitments to you! How will you commit to being part of Human Kind-ness?

My children asked recently why everyone seems so nice to us now. I explained that it's because we go out of our way to be kind. We began this through our Gratitude practice and kindness has manifested. I hope now that you have felt a similar shift in the world around you since living on Hourglass Time & being part of Human Kind-Ness. Thank you for taking this challenge and congratulations! You are going to be a better person because of this. Your children will be positively impacted and good things will start happening to you! Mark my words. So now you set your own goals and prepare to continue forward with positivity and kindness.

COMMIT TO YOU!



YOU'VE GOT THIS!



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