

FREE GUIDE

7 Days of Small Acts That Change the World

The Global Kindness Challenge

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GLOBAL KINDNESS

By The Global Kindness Project

Scan to open the map

STORY



The Power of a Small Act

A man was standing in line at a coffee shop one morning, rushing to work. Behind him was a woman who looked stressed and tired.

Without thinking too much about it, he decided to pay for her coffee. When the cashier told her the drink had already been paid for, she looked confused for a moment. Then she smiled and thanked him.

Later that day, that same woman bought lunch for a colleague who had been having a difficult week. That colleague later helped a stranger carry heavy bags across a busy street.

None of these people knew each other. None of them planned to start a chain reaction. But one small act of kindness created three more acts in the same day.

Kindness spreads in ways we often never see. This challenge is about starting those small ripples.

"Too often we underestimate the power of a touch, a smile, a kind word."

— LEO BUSCAGLIA

WHY IT MATTERS

The Ripple Effect of Kindness

Kindness is powerful because it spreads.

One small action can influence another person to do something kind as well.

- A smile can lift someone's mood.
- A compliment can boost someone's confidence.
- A small gesture can restore someone's faith in people.

Imagine what could happen if thousands of people took part.

🔗 CREATE YOUR OWN RIPPLE

On the Global Kindness Map you can start a Challenge Chain. Share your act, nominate three people with your personal links, and watch your kindness travel from person to person and country to country.

“No act of kindness, no matter how small, is ever wasted.”

— AESOP

FROM THE FOUNDER

Why I Created Global Kindness



Hi, I'm Kyle.

Founder, The Global Kindness Project
Writing to you from Koh Phangan, Thailand

Over the past 10 years I've been lucky enough to travel the world, most of those years for work. Based mainly in Southeast Asia, I've met so many different people, personalities, backgrounds, nationalities and cultures. In places with far less, people were so happy with very little and acted like they had the whole world. Travel opens your eyes and gives you perspective, and it's easy to forget how lucky we are and what we take for granted every day.

Today, with social media, AI and negative news everywhere, it can feel like kindness has disappeared and what's genuine in life is being diluted. It hasn't. **Real people** and **real stories** of kindness exist in every corner of the world, we just don't see them enough. That's why I created Global Kindness.

I also wanted to test myself with challenges and grow as a person, and it showed me that kindness comes from within. I'm working on a healthier mind and body, and hopefully inspiring you to do the same, so we can all be kinder to ourselves and, in turn, spread that kindness outwards and make the people around us happy too.

I'm so glad you're here.

With love, Kyle

GETTING STARTED



How the Challenge Works

This free guide contains the **7-Day Global Kindness Challenge**. It is designed to help you start building the habit of spreading kindness through small daily actions.

For the next 7 days you will complete one simple act of kindness each day. The actions are easy and meaningful. Each day you can:

- Complete the act
- Reflect on the experience
- Share your story on the Global Kindness Map
- Tick it off your tracker

TIP

Sign in with Google on the map (it's optional) and your stories, streaks and badges are saved for you.

Small actions can create big change.

WANT TO GO FURTHER?

The full **30-Day Global Kindness Challenge** has more ideas, weekly themes and reflection pages. Details at the end of this guide.

YOUR PROMISE



My Commitment to Kindness

For the next 7 days I commit to completing one act of kindness each day.

These actions may be small, but they have the power to make someone's day better and create a ripple of positivity.

By taking part in this challenge, I am choosing to make the world a little kinder.

Name

Start date

Signature

Signing this is your promise to create a small ripple of kindness in the world.
Now turn the page and begin.

TRACK IT

My Kindness Challenge Progress Tracker

Tick each day as you complete your act of kindness.

☐	**Day 1**	Give someone a genuine compliment
☐	**Day 2**	Help someone with something small
☐	**Day 3**	Smile at 5 people today
☐	**Day 4**	Send someone a kind message
☐	**Day 5**	Care for the place you share
☐	**Day 6**	Support a local business
☐	**Day 7**	Do something kind anonymously

“Kindness is a language the deaf can hear and the blind can see.”

— MARK TWAIN

DAY 1

FIRST ACT OF KINDNESS



Give someone a genuine compliment

TODAY'S KINDNESS ACT

Give someone a genuine compliment today. It could be a friend, a colleague, a family member, or even a stranger.

IDEAS

- “You look nice today, that colour really suits you.”
- “You handled that situation really well.”
- “I really appreciate you for being so helpful.”

WHY THIS MATTERS

A small compliment can make someone's entire day better and boost their confidence.

REFLECTION

How did the person react?

How did it make you feel?

Share your story and add your kindness to the **Global Kindness Map** at theglobalkindnessmap.com

DAY 2

SMALL HELP



Help someone with something small

TODAY'S KINDNESS ACT

Help someone with something small today.

IDEAS

- Hold a door open
- Help carry something
- Offer assistance to someone

WHY THIS MATTERS

Even the smallest help can make someone feel supported and valued, creating a ripple of kindness that spreads further than we realise.

REFLECTION

How did the person react?

How did it make you feel?

Share your story and add your kindness to the **Global Kindness Map** at theglobalkindnessmap.com

DAY 3

SMILE



Smile at 5 people today

TODAY'S KINDNESS ACT

Today, smile at five people. They could be strangers, shop workers, neighbours or colleagues.

WHY THIS MATTERS

Smiles are contagious. One genuine smile can brighten someone's day and encourage them to pass that positivity on to others.

REFLECTION

How did the person react?

How did it make you feel?

What would you do differently, or do again?



Share your story and add your kindness to the **Global Kindness Map** at theglobalkindnessmap.com

DAY 4

KIND MESSAGE



Send someone a kind message

TODAY'S KINDNESS ACT

Send a message to someone you appreciate. Tell them why they matter to you.

WHY THIS MATTERS

Everyone wants to feel valued. A kind message reminds someone they are appreciated and not forgotten, and it strengthens your connection.

REFLECTION

How did the person react?

How did it make you feel?

What would you do differently, or do again?



Share your story and add your kindness to the **Global Kindness Map** at theglobalkindnessmap.com

DAY 5

PICK UP LITTER

Care for the place you share

TODAY'S KINDNESS ACT

Pick up some litter somewhere public. Even one small action helps keep our environment clean.

WHY THIS MATTERS

When people see someone caring for the environment, it often inspires them to do the same. Small actions can start bigger change.

REFLECTION

How did the person react?

How did it make you feel?

What would you do differently, or do again?

Share your story and add your kindness to the **Global Kindness Map** at theglobalkindnessmap.com

DAY 6

SUPPORT LOCAL



Support a local business

TODAY'S KINDNESS ACT

Buy something small from a local business.

WHY THIS MATTERS

Small purchases support real people and communities, and keep neighbourhoods vibrant and thriving.

REFLECTION

How did the person react?

How did it make you feel?

What would you do differently, or do again?



Share your story and add your kindness to the **Global Kindness Map** at theglobalkindnessmap.com

DAY 7

ANONYMOUS ACT



Do something kind anonymously

TODAY'S KINDNESS ACT

Do something kind without anyone knowing it was you.

IDEAS

- Pay for someone's coffee
- Leave a positive note
- Help someone with a task

WHY THIS MATTERS

Anonymous kindness creates powerful ripples. When people experience unexpected kindness, they are more likely to pass it on.

REFLECTION

How did the person react?

How did it make you feel?

Share your story and add your kindness to the **Global Kindness Map** at theglobalkindnessmap.com

PASS IT ON

Continue the Kindness Chain

Kindness spreads best when it is shared.

Now that you have completed the challenge, invite others to continue the ripple. Challenge three people you know to complete the 7-Day Global Kindness Challenge.

I CHALLENGE

_____

_____

_____

Share your story on the map and choose **start a chain**. You'll get 3 personal links, one for each person. Send them over and watch your chain travel from country to country.

JOIN THE GLOBAL MOVEMENT

#GlobalKindnessChallenge

REFLECT



After the Challenge

You have completed the 7-Day Global Kindness Challenge. Take a moment to reflect on your experience.

Did your perspective change?

Did your actions influence others?

What was your favourite act of kindness?

What did you learn from the challenge?

Will you continue spreading kindness?

Congratulations. By taking part, you have already made the world a little better.

Kindness often spreads in ways we never see.

JOIN IN

Join the kindness movement

Kindness is contagious.

If every person who completed this challenge inspired just a few others to do the same, the impact could reach thousands of people.

The Global Kindness Map shows that kindness exists everywhere in the world. Share your act of kindness and help fill the map with positive actions.

Scan to add your story

theglobalkindnessmap.com · #GlobalKindnessChallenge



LIMITED EDITION

The 30-Day Global Kindness Challenge

A deeper journey into kindness, connection, personal growth and inspiration around the world.

Small acts. Big impact.

Scan to get the 30-day edition
theglobalkindnessmap.com/30-day