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**HOW BREAKING ROUTINE AND UNEXPECTED ACTS OF KINDNESS CAN ENERGIZE YOUR DAY!**

**By Laurie Hayes**

**HOW BREAKING ROUTINE AND UNEXPECTED ACTS OF KINDNESS CAN ENERGIZE YOUR DAY! by Laurie Hayes**

Sometimes life becomes so routine, we don't have to think about a thing we're doing throughout the day. We're programmed to run on automatic. It's important to shake things up every once in a while to get the creative juices flowing, give us an added boost of energy or give us something to concentrate on for a change.

When routine sets in, particularly in relationships, we can't always see the impact it has until we throw a new ingredient into the mix. This week, I ventured outside of my regular routine, and performed a very unexpected act of kindness. The results were terrific!

Picture it, Cicely, 1945 ... oops, wait, wrong story ...

Picture it, Northern Ontario, Winter 2004. It's Friday morning, snow is falling, there is a nip in the air and neither my husband nor I want to get out of our toasty warm bed to get ready for work.

We go through the same exercise every morning. We both wait for the other one to get up first to turn up the furnace, then he heads to his washroom to get ready and I go into my office to meditate for half an hour.

This morning, however, neither of us would budge. He didn't want to get up, shower, make breakfast and prepare lunches, and I didn't want to meditate, go through my agenda for the day and start prioritizing my long list of outstanding tasks. We were stuck.

I must have been desperate or temporarily insane because I suddenly blurted out, "Hey! You get up and get ready and I'll make you breakfast today!" He was stunned at first and didn't say a word, then started laughing, "Yeah right. What about your meditation?" For anyone who knows me, there are two

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things I don't do ... cook (unless I'm in a real bind) and deviate from my routine.

I insisted I was going to cook for him ... anything he wanted. Eggs, bacon, you name it! There will be no meditating today. He hesitantly agreed and headed for his washroom, wondering if his dear partner had been possessed during the night and lost complete leave of her senses. The last time I made him breakfast was, hmmm, let's see ... when was the last time the Oilers won the cup?

I whipped up a hearty breakfast and while he ate, he repeatedly commented on how he couldn't believe I had done this. He thanked me several times.

Once I had finished in the kitchen, I went to my room to start getting ready for work. I could hear him singing and talking to himself in the kitchen. I called out to him, "You're happy, aren't you?" and he answered, "My baby made me breakfast!"

It was amazing how performing a small task for the benefit of someone else made such a BIG impact! My husband was excited and happy, and I felt fantastic for making him feel appreciated and loved.

For the remainder of the day, I was a fireball. I joked with everyone at work and had them laughing and feeling great. The day flew by. I accomplished loads of work and had tons of energy.

When my husband got home from work, he told me about his great day, how he was zinging off one-liners at the guys and making them laugh, and how good he felt, mentally and physically.

Changing our routine and experiencing an act of kindness elevated both of us mentally, physically and emotionally. It is no secret that change and giving to others boost our energy levels, but we get so caught up in daily living that we easily forget. We fall into the comfort zone of habit.

Today is a new day. What can YOU do differently? Take a different route to work? Part your hair on the left instead of in center? Take the stairs instead of the elevator? Whatever it is and no matter how small, change makes a positive impact.

What can YOU do for someone else today? Something completely unsolicited and without expectation. If you're going through the drive-thru at the coffee shop, pay for the coffee for the driver behind you. If you see someone struggling with her bags at the grocery store, lend a hand. The simplest act of kindness will reap big rewards for the giver, receiver and everyone they touch throughout the day.

Laurie Hayes, founder of Where the Heart Is Life Coaching, is a Life Strategy Coach and author of several articles and an e-book designed to promote excitement and inspire action in others to pursue the best life has to offer. To secure a copy of her free e-book, "10 Guidelines for Attraction" visit <http://www.wheretheheartis-lifecoaching.com>

### **ARC of Understanding**

**By Nilesh Gore**

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In relationship we all make mistakes and sometimes we are insensitive to the needs of others, especially those very close to us. All this leads to disappointments and resentments. The answer to handling disappointments is understanding.

Relationships don't come about because people are perfect. They come because of understanding.

There is more gratification in being a caring person than in just being a nice person. A caring attitude builds goodwill which is the best kind of insurance that a person can have and it doesn't cost a thing.

Being understanding is far more important than money and the best way to be understood is to be understanding. And the basis of real communication is also to be understanding.

Practice Generosity :- It is a sign of emotional maturity. Being generous is being thoughtful and considerate without being asked. Generous people experience the richness of life which a selfish person can't even dream of. Be Considerate, Selfishness brings its own revenge. Be sensitive to other people's feelings.

Kindness:- Kindness is language the deaf can hear and the blind can see. It is better to treat a friend with kindness while he is living than displaying flowers on his grave when he is dead.

Acts of kindness make a person feel good regardless of whether he is doing it or it is done to him. Kind words never hurt a tongue.

(Scientologist – Sir L. Ron Hubbard said – Affinity, Reality, Trust, Faith, Elegance & communication are the basic components of understanding. and Understanding makes people coexist, cooperate, correlate. Called as ARC of Understanding.)

People who are true friends in the real sense help one another, but these are not favors. They are acts incidental to friendship and if they don't help they'd be failing in their relationship.

RELATION & LOVE just don't happen, they take time to build. They are built on kindness, understanding & self-Sacrifice, not on jealousy, selfishness, puffed up egos, and rude behavior.

Relationships never be taken for granted. Once relationships are established, they need to be nurtured constantly. Nobody is perfect. Expecting perfection is setting yourself for disappointment.

SYMPATHY & EMPATHY :- well Let's know the difference : Sympathy means "I Understand what & how you feel. EMPATHY is "I feel what and how you feel".

Name : Nilesh B Gore

Profession : Graphologist (Handwriting Analyst) & SW. Eng.

Email :

Web :

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