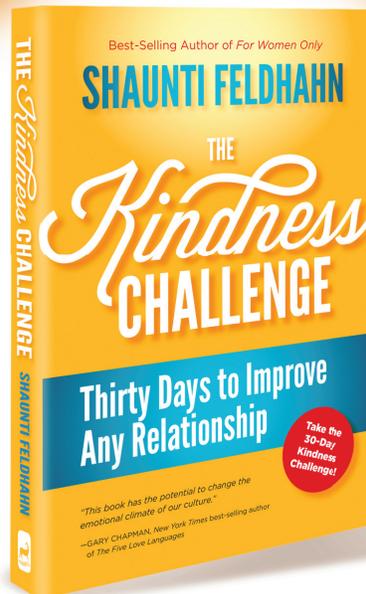




30-DAY
Kindness Challenge
RADIO KIT





THIRTY DAYS.
SMALL CHANGES.
BIG RESULTS.

30-DAY KINDNESS CHALLENGE

ON AIR TODAY: PLAN AHEAD FOR POSITIVITY (DAY 15)

“We’re on Day 15 of the 30-Day Kindness Challenge. There’s a reason for the great Proverb (Proverbs 15:1), ‘A gentle answer turns away wrath, but a harsh word stirs up anger.’ It works!”

Try this idea: If you know you tend to have conflict with someone, plan ahead with a positive response. The next time they say anything that ruffles your feathers, you’ll be prepared to respond with a compliment or kind word back. (‘Yes, I know I probably didn’t leave on time to get here. Thanks so much for watching the kids. You’re always so willing, and it was my fault that I left work a bit late.’) Try it and see how a gentle answer might defuse the situation.”

MATCHING SOCIAL MEDIA MEME



DAILY EMAIL

Note: If preferred, your station/program could create a private-label version.
E.g. "The Encouragement Channel 30-Day Kindness Challenge."



Day 15: Plan ahead for *Positivity*

If your person is someone with whom you sometimes have conflict, plan ahead with a positive response. The next time (today or later) they say anything that ruffles your feathers, respond with a compliment or kind word back. ("Yes, I know I probably didn't leave on time to get here. Thanks so much for watching the kids. You're always so willing, and it was my fault that I left work a bit late.")



Coach's Corner:

There's a reason for the great Proverb, "A gentle answer turns away wrath, but a harsh word stirs up anger." (Proverbs 15:1) It works! (If you see it work, post the story - omitting identifying details, of course! - using #30Kindness.)

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You are receiving this email because you signed up for the
30-Day Kindness Challenge.

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FIND OUT MORE!
The Kindness Challenge
by Shaunti Feldhahn

GET THE BOOK



OTHER ON-AIR PROMPTS

WIVES

Today, make a list of things that your husband does for you that you may have not have recognized before. Maybe he holds the door for you, willingly eats that slightly burned dinner dish, or checks each night to ensure that the doors are locked. Whenever you have any of those "why doesn't he ever ..." thoughts (which are often unrealistic), replace them with something from this list to remind you of the ways he shows (in his own way) that you are special, valued, or loved. Sometime today, tell him what he does that makes you feel special.

HUSBANDS

How are you doing at finding something positive to praise and affirm in your wife each day? If you are struggling in your marriage, or feel she doesn't appreciate you, it might be difficult to avoid focusing on the negatives. Marriage-and-sex therapist Michael Sytsma, reminds couples that whenever we think on something negative about our spouse, it becomes our focus. To change that, we need to be able to shift that negative thought to something positive. Today, make a list of those real and positive things you appreciate about your wife. Write them in your personal notebook or log them in your smartphone, and pick one as your affirmation for today. Then you can refer back to the list on other days when needed.

PARENTS

Some days you can see it coming a mile away: the doom and gloom of childhood moods. Kids and teens can sometimes be very irritable - and not even know why. (Hint: hormones, and fewer years of practice at emotional self-awareness and control!) Today create a plan for how you will react the next time this happens. For example: instead of snapping back at their muttered replies you can simply say, "OK, I'll check back with you later to get a full answer." Then do your best to redirect the conversation to a "safer" focus while staying in a positive frame of mind. Of course, if your child is showing intentional disrespect, then a consequence is in order. But when this is the case, try to address the issue in a straightforward manner without personal, negative attacks. These conversations are usually easier to have when your child's irritable mood has lifted.

WORKPLACE

If your person is someone with whom you sometimes have conflict, plan ahead with a positive response. The next time (today or later) they say anything that ruffles your feathers, ("Can somebody turn that blasted music off or throw it out the window? I hate country music!") respond with a compliment or kind word back instead of the retort that might spring to mind. ("That's fine. What station do you prefer?") Or to someone's grumpy complaint that the office is too hot, respond "I'd be glad to put my jacket on so you can turn the thermostat down."