

**Random Acts of Kindness**

*Random acts of kindness (RAK) at work is infectious! According to University of Wisconsin* professor Richard Davidson’s research, both givers and receivers feel happier and more satisfied with their jobs. For RAK ideas, visit: [**www.randomactsofkindness.org**](http://www.randomactsofkindness.org/)

**My random act of kindness was... Date:**

**How I felt doing something kind for someone ... Date:**

**Acts of kindness ideas ... Date:**