

FOLLETT PARKER

Kindness Manifesto

Kind purpose

Gently question the status quo and why things might be how they are
Be thoughtful in how you ask questions and interact with others
Be generous: share your ideas, your skills, and your knowledge
Be competitive if that is your thing, but think of the community too

Kind and sustainable impact

Bring awareness about important issues, to others
We may be a small part of this world but our impact does not have to be
Remember that everything is connected to everything else
And the whole only works because of the sum of its parts

Kind mindset

Look after your mental health, sometimes this means looking after your physical health first
Be intentional in your decision making
Interact with others with respect and **kindness**

Kind relationships

Ask for help. Accept offers of help from others
Embrace deep connections with others
Sleep on it if you can
