

# Personal Excellence

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# The Power Of Kindness And Compassion In A Stressful World

Put more kindness into your  
world today

 By **Renie Cavallari**, Aspire

“What the world needs now is love, sweet love  
It’s the only thing that there’s just too little of  
What the world needs now is love, sweet love,  
No not just for some but for everyone.”  
~ **Burt Bacharach**

I don’t know about you, but for me, the world seems to be extraordinarily stressed out. There are lots of good reasons why we may feel a bit off our game from the Covid hangover and our general emotional health to the impact of war(s), the economy and what seems to be an acceptance of low-grade nastiness.

If you ask me, what the world needs more of, is love, sweet love, or at least a lot more kindness.

Each of us has a unique opportunity to leave positive imprints on one another. It can be as simple as telling someone who is serving you, “Thank you for your service today,” or giving someone whose energy is low or distant... a smile or even a hug!

Kindness is at the heart of compassion. In many businesses, both are frequently overlooked as we

find ourselves with little time and because of the need for unsustainable productivity. These actually cause more ineffectiveness, drive error costs, and create burnout and dissatisfaction. Compassion has never been more important, and though it starts with empathy, caring, and kindness when we really live with compassion, we let go of our judgment of others. When we judge others, we aren’t living as our best selves, and this serves no one.

How did we get here? The world and its various crises, coupled with the media’s need to grab viewership through fear and distrust, have left people feeling like there is no way out. Social media and its endless illusions that people must project perfection has impacted how people feel about themselves and others.

Today more than ever, people feel alone, worried, or afraid. Many are dealing with feelings of overwhelm, dissatisfaction and inadequacy. And all of this leads to living with enormous levels of ‘HeadTrash,’ those nasty little voices in your head that undermine your confidence, steal your energy, and keep you up at night. Sleep does matter. It’s harder to be kind when you feel exhausted!



'HeadTrash' is an epidemic. It isn't in some of us. It is in all of us and learning how to manage and even dump your 'HeadTrash' allows you to decrease your emotional stress so you have more clarity and peace of mind and ultimately take productive action in living a life full of joy.

## Being Kind Begins with Being Kind to Yourself

To help me find kindness within I start with getting my head ready for my day each morning. I ask myself 5 key questions:

### 1. What is my word of the day?

Selecting a positive word helps me turn on my motivational switch. My word might be focus, fun, productive, or kindness. On Sundays, family days in our household, it is always love.

### 2. What 'HeadTrash' do I need to dump?

Acknowledging what negative or stressful thoughts are sucking your energy helps you start the process of dumping your trash.

### 3. What did I accomplish yesterday?

Just knowing that you made progress in some way helps turn on your energy and get you moving. There are some days where I can only say I got through my email and put out lots of fires with my team. It might not have felt like much, yet my accomplishments, no matter how small or mundane, made a difference to someone.

### 4. What is most important for me to accomplish today?

This clarity gets me ready to be productive and

move into action. When I am productive I feel great. Productivity squashes 'HeadTrash.'

### 5. What am I grateful for?

This is my favorite question, as gratitude is acknowledging the good in your life.

Gratitude is foundational to awakening kindness. When we live with gratitude we show up differently with others. We give more. Care more. These acts of kindness can not only change others' lives in a nanosecond but also impact our lives emotionally and physically.

Kindness is simple. It happens when another person feels valued, and in my experience, having worked with hundreds of organizations around the globe, all humans have one thing in common regardless of what they do, what they earn, where they live, or what they believe.

All humans want to feel valued and know that they matter.

Today I challenge you to find ways to intentionally put more kindness into your world.



Known as a "dynamo who colors outside the lines" and who is called the transformational coach, [Renie Cavallari](#) is an award-winning Organizational Anthropologist, CEO Advisor and is the owner of 4 companies, most notably the founder of [Aspire](#). For over 25 years, Renie has worked with thousands of leaders and entrepreneurs around the globe to help their companies become better at what they do by providing practical action-oriented applications and proven processes to improve performance. She is an award-winning international strategist, best-selling author, global speaker, and leadership expert with an inimitable grasp of business and its challenges. Her work includes the Joy Journal and the upcoming self-improvement book, **HeadTrash**.

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