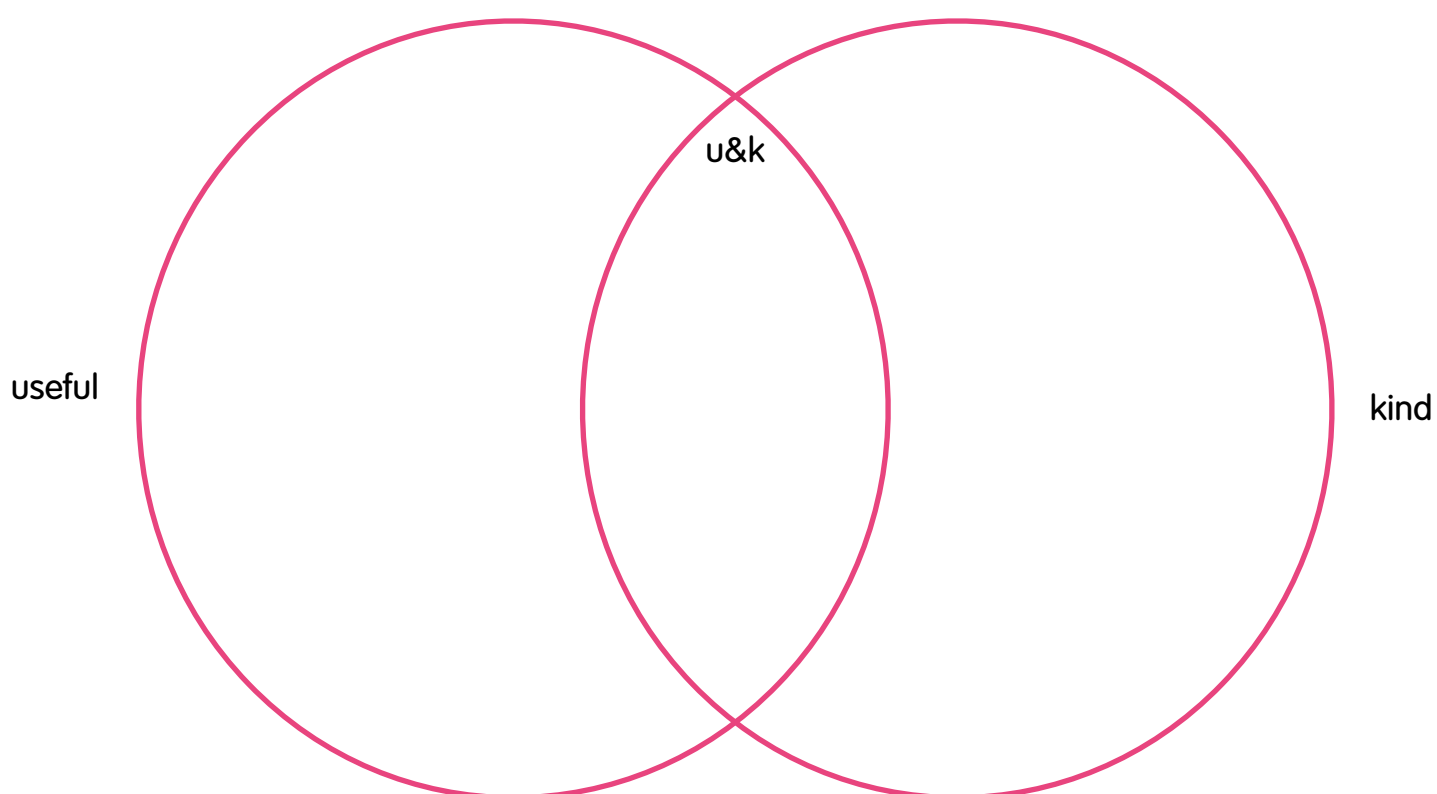


TOOL

Identifying what is Useful and Kind for you:



- 1 Begin by writing down things you do that are Useful (for yourself, others and the world) in the left hand circle.
- 2 Then write down the things you do that are Kind (for yourself, others and the world) in the right hand circle.
- 3 Then try to identify things that are BOTH Useful AND Kind in the intersection.




Personal Plan SOW (Self, Others World, plan)

Now include things you are doing and aim to do, which are both useful and kind for Self, Others and the World.

Here are some categories you could use:

Personal Behavioural, Creative, Emotional, Intellectual, Physical, Spiritual
 Others the easy to be U&K to (loved ones, family, friends)
 the less easy
 Groups: team, family, board
 World Economically, Environmentally, Politically, Socially,

- Put them in the Planting column if they are a new idea or just begun
- Put them in the Growing column if you have been doing them for a while and can start to evaluate how well they are going
- Put them in the Flowering column if they are really coming to fruition and you can both enjoy and learn from them

		Planting	Growing	Flowering
	The SOW plan			
Self				
Others				
World				

Things to think about

- 1 Do you have more in some categories than others - see if you can achieve a balance
- 2 Are there too many things - do you always set yourself too much to do? Watch out for compassion fatigue.
- 3 Who can help you to achieve them? Might you email or call a buddy to support you?
- 4 What might put you off starting? How might you overcome that?
- 5 What have you succeeded most at? How did you achieve that success?
- 6 Examine what went on for you, what were your feelings? Did you notice the response of the recipient? Did it matter? How can you give and not to count the cost.
- 7 Which is the most difficult category? Is it easy to pamper yourself and forget to do something for the world, or can you only allow yourself attention if everything else is done?
- 8 Who has been the most #useful and kind person to you in your life?
(What did they do? What was their relation to you? What did you feel about them?)
What was #usefulandkind about them, their attitude, their values and their actions?
- 9 When did you find it most difficult to be #usefulandkind to someone?
(What made it difficult – you – them?)
- 10 Ask yourself 'How is the world better for my being in it'?

How you can use it

- 1 Check in weekly on how you are doing and celebrate success, enquire and reflect how things are going and reset objectives
- 2 Ask a close friend or loved one to notice the changes
- 3 Make a note in your Journal (use the Journal Tool) on how you are doing
- 4 Use a case study to inspire you - not someone that is overwhelming necessarily but someone who lives their life on purpose - a step at a time
- 5 Use it to review decisions, personal, social and political by asking the simple question 'was that Useful and Kind?'
- 6 Tweet what you have discovered, using the hashtag #usefulandkind
- 7 Enjoy it - the world will be better for the part you are playing in making it more Useful and Kind

Background

This is one of the most important of the #usefulandkind tools and one of the best ways of making a difference to yourself, others and the world. Being kind, sympathetic, empathic, compassionate, altruistic is good but sometimes we need to combine the idea of Utility and Generosity.

Think of the example of Rosa Parkes. If she had been kind she would have stood up on the bus, knowing that she was angry, being able to locate that in her body, feeling compassion for the other person. BUT and this is hugely important to #U&K that wouldn't have made the difference. Sometimes we have to stand for what we believe in. (See Case Studies). We have to find our best selves to work together for the balanced good of Self, Other and the World.

You might also use the Metta Meditation (see Metta tool) to help you.