



1. SMILE, BE HAPPY

MAKING PEOPLE SMILE WITH RANDOM ACTS OF KINDNESS **DISRUPTS** CAPITALISM'S MYTH THAT STRANGERS ARE UNKIND

THE LOWDOWN: Helping strangers out with random acts of kindness starts breaking down the barriers that today's form of capitalism has placed between us. Think about how people typically avert their eyes from everyone on a big city subway, for example. Yet, in reality, almost any person in any city would be happy to assist you if you actually needed help. Being a rebel begins by helping other people to disrupt the myth that strangers are unkind.

DISRUPTING CAPITALISM'S MYTH THAT STRANGERS ARE UNKIND

- A) REBEL:** Step one is an easy rebel recipe. It just takes you, a stranger, and one random act of kindness. For example: you can do something simple like hold the door open for someone you don't know. If you do, that stranger should end up smiling (Test: if they're not smiling, double check that you're not being a weirdo). Most people will smile, because the reality is this: who's not touched by someone doing something nice for someone else? Rebels: if you find yourself confronted by riot police, you can also help disarm them with unexpected kindness. How about sharing some warm coffee when you're out protesting on a cold morning?
- B) DISRUPT CAPITALISM:** Capitalism's myth that strangers are unkind or untrustworthy ends up making people feel more divided than we actually are. To put it another way, doesn't it feel like there are endless mountains and valleys dividing liberals and conservatives? But the simple reality is, we're all just people who mainly want the same old things: life, liberty, and the pursuit of happiness. If enough people start helping out others, our message becomes resolved: we are uniting.
- C) HAVE FUN:** Hopefully a well-intentioned act of kindness sounds more fun than boring alternatives, like watching more TV. Have you ever done a random act of kindness and watched a big smile leap onto a stranger's face?

BONUS POINTS (A+B+C):

Capitalism makes people get super weird with money. For a bonus, fold money into your random act of kindness to increase your disruptiveness. Hint: next time you're paying for food on a long lunch line, disrupt capitalism, and randomly treat the stranger behind you.

“HUMAN KINDNESS HAS NEVER WEAKENED THE STAMINA OR SOFTENED THE FIBER OF A FREE PEOPLE. A NATION DOES NOT HAVE TO BE CRUEL TO BE TOUGH.”

FRANKLIN D. ROOSEVELT