

SPECIFIC PURPOSE:	I wish to persuade my audience to affect the people around them by acting through compassion.
THESIS SENTENCE:	By practicing deliberate acts of innate human kindness, which enable and inspire others to do the same, we can create a global motion of altruism which can help us all to attain true happiness while changing our world for the better.
ORGANIZATIONAL PATTERN:	Inductive Reasoning
TIME LIMIT:	8”
ACT TO BE PERFORMED:	a random act of kindness

#### INTRODUCTION

I. (When given the assignment...)

I have all these ideas of what I think the world should be like, and I am often all too willing to attempt to persuade others to help make it so.

I was to give my speech on Nov 1, the day before elections, so I decided to persuade the class to vote. I figured this room is full of young minds, whose fresh opinions might do this country of ours a bit of good.

Well, a big snowstorm and an unfortunate (but absolutely welcomed) snow day for Pike's Peak Community College put a pretty big damper on my timeliness.

So it was back to square one. That part was a bummer. I listened to NPR that night and attuned my ears to the gears of democracy, turning slowly but surely. I marveled a little to myself of the meticulous processes we go through so that we can create some grand scheme to make the world better.

I came to a realization as ballots were counted by the millions. My cherished vote; my voice, my power as a citizen, was merely a grain of sand, over-washed in a large sandbox.

No, I am not saying that my or your vote didn't count. What I am saying, though, is that our power to improve on things doesn't stop there. Not even close.

II. It is not policies that improve the lives of human beings or the condition of the world. It is the small, beautiful day to day services to one another that make life easier and more enriched.

**By practicing deliberate acts of innate human kindness, which enable and inspire others to do the same, we can create a global motion of altruism which can help us all to attain true happiness while changing our world for the better.**

(Kindness comes in many forms.)

I. Kindness is natural impulse.

- A. We are born kind.
  - 1. We hide this kindness to protect ourselves.
  - 2. We feel powerless and discouraged.
- B. The only thing we are lacking is the motivation to pull this out.

(The beautiful thing here is that...)

II. Kindness benefits the giver as well as the receiver.

- A. It gives our lives purpose.
  - 1. We gain a feeling of worth and importance.
- B. It feeds the soul.

(So we know what kindness can do for ourselves...)

III. Kindness is contagious.

- A. Stories and experiences can inspire kindness.
  - 1. We are permanently affected by these deeds.
  - 2. We are driven to continue the flow of selfless acts.
  - 3. Our actions in turn enable others to create kindness.
  - 4. The snowball effect builds and has the power to spread globally.
- B. This is how one single act of kindness may be the key to improving the world.
  - 1. Imagine what dozens of acts of kindness can do.

(So let's get the ball rolling. All we need is one little push...)

IV. Everyone in this classroom has the ability to toss a pebble of kindness into the great lake of their immediate environment, creating a ripple affect which has no end in sight.

- A. For example, I am volunteering with troubled youth.
  - 1. Also, though not quite as noble or recognizable, I vowed to slow down and let everyone who needs to into my lane of traffic this morning.
- B. Simply look around you.
  - 1. By becoming more attuned to our surroundings we become aware of needs, great or small, which can be filled.

(All we have to do is lift up the face plate of that armor...)

## CONCLUSION

(These simple acts of ours can snowball out of control...)

I. If each person touched by a kind act returns it to another, it won't be long before the whole world witnesses for themselves an unforgettable act of selflessness. They would undoubtedly feel the need to drop their own armor, which makes them act in self-serving ways, so that they can participate in the wonderful circle of giving and receiving unexpected compassion.

What I am asking you all to do today is to practice at least one random act of kindness between now and next class. I have provided you all with an idea or two. You can act on either suggestion or impulse, but please remember what it was that you did, so that we can compile a list next time we meet.

In turn, I am going to make copies of all of our deliberate acts of kindness, so that our stories along with our actions may inspire others to do the same.

(Earth is full of human beings, whose potential love and gifts...)

II. It really must be the most wonderful coincidence in the world that service to our fellow man may be the best, no, the only way to attain true happiness.

SMILE AT A STRANGER

SPEND EXTRA TIME WITH A CHILD IN YOUR LIFE

EXPRESS YOUR LOVE FOR A FAMILY MEMBER

TELL SOMEONE THEY ARE BEAUTIFUL

SHARE SOMETHING YOU NEED

GIVE AWAY SOMETHING YOU LOVE

RESIST THE URGE TO JUDGE ANOTHER

EXPRESS GRATITUDE

SHOW COMPASSION WHEN YOU FEEL COMPELLED TO DO THE OPPOSITE

GIVE MONEY TO A CAUSE YOU IN WHICH YOU BELIEVE

DONATE YOUR TIME TO A WORTHY CAUSE

SHARE A STORY OF RANDOM KINDNESS

FIND A GOOD QUALITY IN YOUR ENEMY AND DESCRIBE IT TO THEM

PICK UP A PIECE OF TRASH THAT SOMEONE ELSE DROPPED ON THE GROUND

GIVE AN ANONYMOUS GIFT TO SOMEONE IN NEED

FIND A LONELY PERSON TO LISTEN TO

DROP A DOLLAR ON THE GROND AND LEAVE IT

PUT CHANGE IN AN EMPTY PARKING METER

SHARE YOUR TALENTS WITH PEOPLE AROUND YOU

FIND POTENTIAL IN SOMEONE ELSE AND ENABLE THEM TO REACH IT

*Katie Kristine Pech on March 8<sup>th</sup>, 2006. This document has been posted on her memorial site: <http://pechfamily.com/katie> for posterity. All rights reserved.*