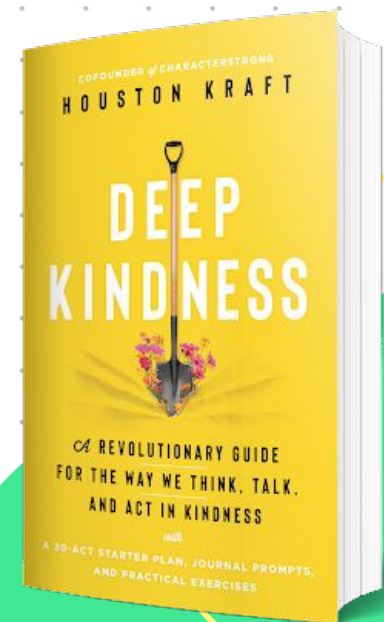
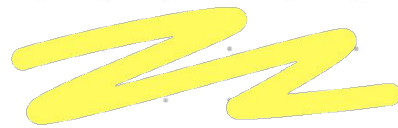


# Houston Kraft

Co-Founder of *Character Strong*  
Author of *Deep Kindness* & *Be Kind*



# What gets in the way of **KINDNESS?**



# What gets in the **WAY?**



**Incompetence**



**Insecurity**



**Inconvenience**



**Inconsistency**

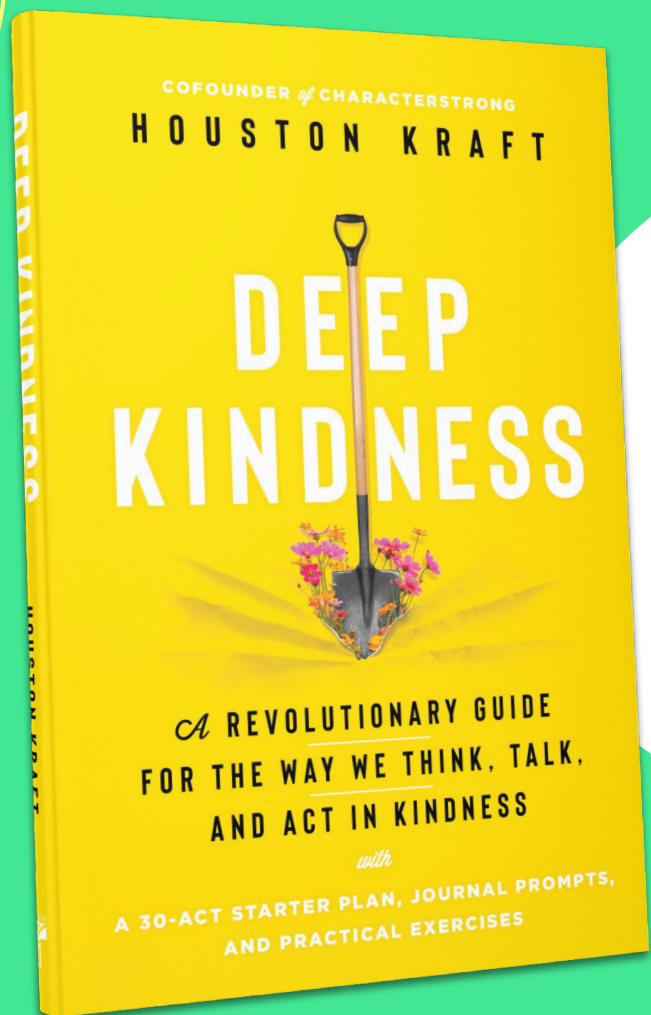


**KINDNESS** is a  
behavior informed by  
social & emotional skills.



# COMMUNICATION SKILLS





“The skill of the ‘compliment’ is the skill of seeing good in others and having the vocabulary and vulnerability to tell them about the good you see. When it comes to communicating Kindness, **specificity drives significance.**”

**SPECIFICITY** drives  
**SIGNIFICANCE**





## To The Person Who...



**...is clear on  
their purpose**



**...makes my  
job easier**



**...finds the good in  
all situations**

**Incompetence**



# What gets in the **WAY?**



**Incompetence**



**Insecurity**



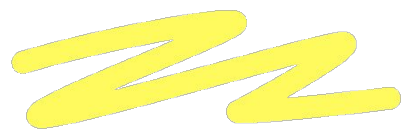
**Inconvenience**



**Inconsistency**



# **THE BRAIN** protects us from **PAIN**



# 3 FEARS



Rejection



Failure



Shame



# REJECTION

“What if they don’t want  
my Kindness?”



# FAILURE

“What if my Kindness  
isn’t good enough?”



# SHAME

“What if I’m not good enough to be Kind?”

# 3 FEARS



Rejection



Failure



Shame



# What gets in the **WAY?**



**Incompetence**



**Insecurity**



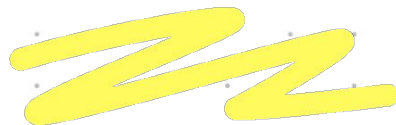
**Inconvenience**



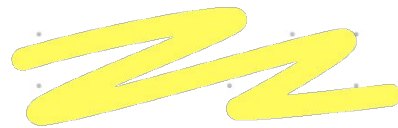
**Inconsistency**



# NICE versus KIND



**KINDNESS** is  
**PROACTIVE**



# What gets in the **WAY?**



**Incompetence**



**Insecurity**



**Inconvenience**



**Inconsistency**



**"WE ARE NOT** human  
beings, we are human  
**BECOMINGS"**



Dexter Davis

**"WE ARE WHAT** we  
repeatedly do. Excellence,  
then, is not an act but a  
**HABIT"**

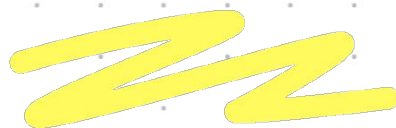
 Will Durant

"**WE ARE WHAT** we  
repeatedly do. **KINDNESS**,  
then, is not an act but a  
**HABIT**"

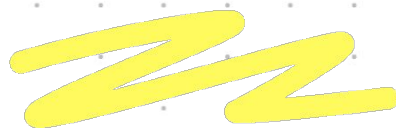
Will Durant (kind of)



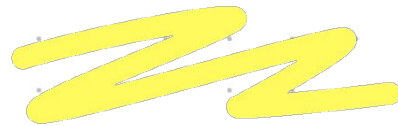
45% of our day is  
**HABIT**



1% more  
**KIND**



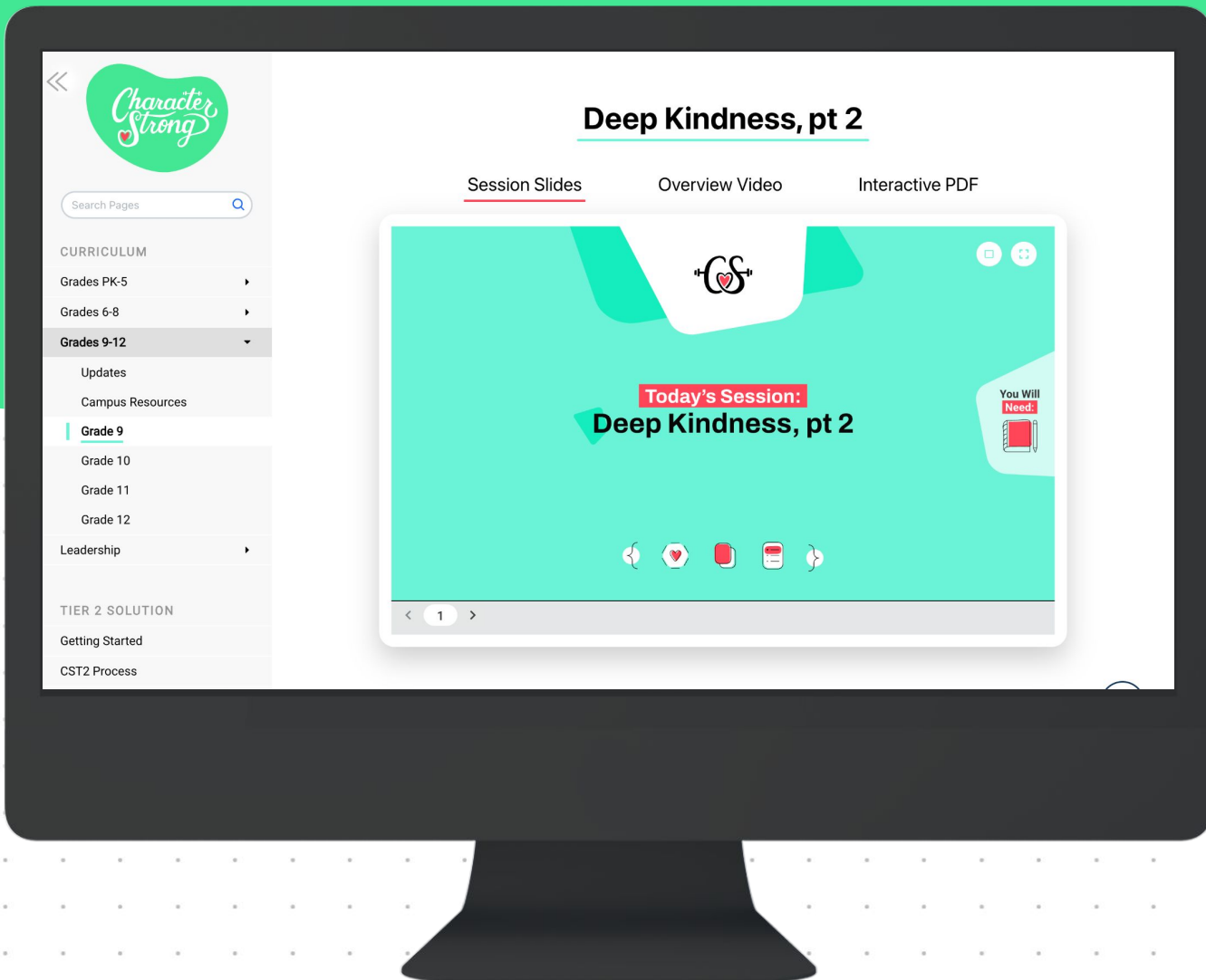
# How do I create a consistent practice of **KINDNESS?**



**480 minutes asleep**

**960 minutes awake**

**9.6 minutes = 1%**



THINK OF IT LIKE THIS: 52 X 1 X 10

52 = 52 weeks

1 = 1 person a week

10 = An act of Kindness in 10 minutes or less

STEP-BY-STEP

1. Choose one day a week that you will consistently use this journal:

• M T W Th F Sa Su

2. On the morning of that day, you will:

- Write down who you are giving the Kindness to and why
- Put Kindness into action

3. On the evening of that day, you will:

- Reflect on a more Kind life

Pretty straightforward, right? Being a Kind human isn't always this neat and tidy, but I hope this will be a good place to start.

Here's to less confetti and more compassion,

*Houston*

*Week 24*

*Go and love someone exactly as they are. And then watch how quickly they transform into the greatest, truest version of themselves. When one feels seen and appreciated in their own essence, one is instantly empowered.*  
—Wes Angelozzi

MORNING

**1 Person: A Family Member**

Who are they?

---

---

Why do they deserve Kindness?

---

---

What's your favorite thing about this person?

---

**10 Minutes:** Choose a family member and then think of two words that describe them well. Use these words to find at least one quote online that captures this person's essence effectively. Then, share the quote with the family member and why it relates to them.

## Week 24

*Go and love someone exactly as they are. And then watch how quickly they transform into the greatest, truest version of themselves. When one feels seen and appreciated in their own essence, one is instantly empowered.*

—Wes Angelozzi

### MORNING

[ 1 Person: A Family Member ]

Who are they?

---

---

Why do they deserve Kindness?

---

---

What's your favorite thing about this person?

---

**10 Minutes:** Choose a family member and then think of two words that describe them well. Use these words to find at least one quote online that captures this person's essence effectively. Then, share the quote with the family member and why it relates to them.





*Week 12*

*The universe is full of magical things patiently  
waiting for our wits to grow sharper.  
—Eden Phillpotts*

MORNING

**1 Person: A Person Who Makes You Laugh**

Who are they?

Why do they deserve Kindness?

What's your favorite thing about this person?

**10 Minutes:** Draw a picture on a small piece of paper that represents a funny memory you have with this person. Deliver it or share it digitally so they can see and reminisce on the moment and/or how delightfully amateurish of an artist you are.

**10 Minutes:** Draw a picture on a small piece of paper that represents a funny memory you have with this person. Deliver it or share it digitally so they can see and reminisce on the moment and/or how delightfully amateurish of an artist you are.

**10 Minutes:** Think of a person who has navigated adversity and send them some version of this message:  
*I know it wasn't easy for you to \_\_\_\_\_  
\_\_\_\_\_. Your strength, \_\_\_\_\_, and  
\_\_\_\_\_ are just a few of the reasons I feel  
\_\_\_\_\_ to know you. You inspire me to  
\_\_\_\_\_.*

**10 Minutes:** Write down one thing you love about your Past Self, one thing you love about your Present Self, and one thing you love about your Future Self. Put it somewhere you will see daily.

**Past Self:**

**Present Self:**

**Future Self:**



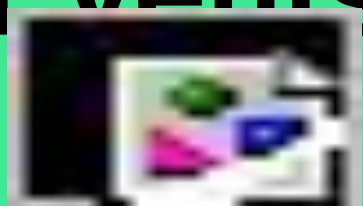


**ON SALE 9/5**

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# Upcoming Events



**September 7th Webinar** - Proven Tier 1 Strategies to Increase Student Engagement

**September 13th** Elementary Curriculum Demo & Leadership Curriculum Demo

**September 14th** Middle School & High School Curriculum Demo

**September 19th Webinar** - 5 Low-Burden, High-Impact Strategies for Positive School Culture



# Character Strong

## School Culture Training

### Who?

School and District Leaders, Classroom Teachers, School Counselors, School Support staff...all are welcome!

### When and Where?

- October 3, 2023 - Dallas, TX
- October 5, 2023 - San Antonio, TX
- October 10, 2023 - Puyallup, WA
- October 11, 2023 - Spokane, WA
- October 26, 2023 - Raleigh, NC





**New  
Training  
Date**



# *Character Strong* *Tier 2*

**Certification Training**

**October 12-13, Tacoma, WA**





# MTSS

## CERTIFICATION



**January 29 - 30, 2024**  
**Redondo Beach, CA**

Register now at

[CharacterStrong.com/MTSS-Certification](https://CharacterStrong.com/MTSS-Certification)

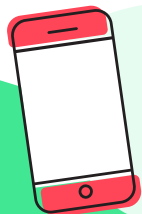




**@characterstrong**



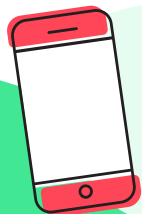
Hey \_\_\_\_\_. I just wanted to let  
you know I admire how you  
\_\_\_\_\_. You so clearly care  
about \_\_\_\_\_ and it is  
contagious.



**Send this message!**



Hey \_\_\_\_\_. I just wanted to let you know I am grateful for you making my job easier by \_\_\_\_\_. Your ability to \_\_\_\_\_ makes me better at my work.

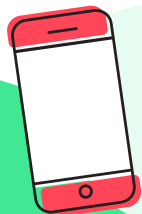


**Send this message!**





Hey \_\_\_\_\_. I just wanted to let  
you know I am grateful for the  
way you \_\_\_\_\_. Your  
perspective helps me \_\_\_\_\_.



**Send this message!**