

2019 International Essay Contest for Young People

[Children's Category – Honorable Mention]

## **Creating a Society Full of Kindness**

(Original)

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People often assume that kindness is a chivalrous act that is rated purely based on the visible impacts it has on others. I disagree.

Hearing the word "kindness" most likely triggers thoughts about volunteers organizing bake sales to raise awareness for a cause or cooking meals for the homeless. These would be examples of acts carried out by "loud heroes". When I say "loud heroes", I mean those that seek recognition for their deeds. This doesn't mean that the act carried out is bad or being exploited, it just means that the "hero" longs for appreciation for what they've done, which is perfectly human.

So, what is the opposite of a "loud hero"? That would be known as a "silent hero". "Silent heroes" are simply those who don't care much for the medal or the round of applause. The reward they receive is much less materialistic, yet much more spiritual. They are gifted that pure, angelic feeling that flows through one's heart, as well as the knowledge that they went out of their way to cheer someone up. This means that they help out others without expecting anything back, other than the sentiments, of course.

The moment I realized that an act of kindness was subjective, was when I was assigned this essay, as it really made me think about kindness and what it means. While brainstorming on what to write, I thought back on the Golden Rule: "Treat others how you'd like to be treated yourself". That's why I decided to conduct an experiment. My goal was to give out at least 5 truthful, meaningful, and genuine compliments per day, and to see how this experience would change my relationships, if at all. As the experiment began, and as I started paying my test subjects compliments, I felt as if I was complete; as if I held the world in my hands.

As a bonus to my experiment, I decided to concentrate on one particular person. I complimented them every day for the length of the experiment. The reason I did this was because the smile that crept on their face when I complimented them warmed my heart,

and I didn't want to stop that feeling.

The conclusion drawn from my experiment is that putting a smile on someone else's face is worth the effort, just to see the way it boosts people's moods. A bonus factor to this is that you become more pleasant to be around, thus naturally drawing people to yourself. In other words, people start hanging around you more as you emit positive energy, which is exactly what had happened to me. I was able to form new friendships and mend the broken ones, therefore positively impacting people in an invisible way.

While we're on the topic of invisible effects, I want you to think over any time that someone has changed some aspect of your life in a beneficial manner. It doesn't have to be a major change, as long as they impacted you in a good way. Now, with that in mind, I want you to run an experiment for which you set a goal for yourself (e.g. a certain number of compliments per day), and start with those that have been kind to you. The next step of the experiment would be to gradually expand to a larger group of people. You can tell your friends and family about the impact that each and every one of us is able to have on others. Soon, they will start doing it, too. And then you will realize that the "prize" that "silent heroes" win isn't just the good feeling; it's also happiness, due to how many friends you've made along the way, and how many hearts you've touched.

In this manner, we, along with the "loud heroes", will be able to create a society not just full of kindness, but also full of love.