



Colorado Kindness Initiative

These times can be chaotic and confusing. We can feel isolation, anxiety and anger unheard of in past years. What can be done to reverse the toxic environment?

KINDNESS!

We all need and desire kindness and, we all have the ability to share it with others.

The Colorado Kindness Initiative amplifies the strengths of the already-kind character of the people of Colorado through awareness of those around us and intentional kindness. Kindness has the power to melt hard hearts and to overcome every social barrier. It strengthens the weak, encourages the hopeless and inspires us to be the best version of ourselves we can be.

Kindness begins within. Receive the kindness of the Lord offered to you in Christ. Be kind to yourself. Let go of overwhelming circumstances that are beyond your control. Take a deep breath, go for a walk, pet a dog. Be intentionally kind at home, then take your kindness to your workplace or school, and then to the community around you. Be intentional to overcome evil with good. The healing power of Christ in the kindness of human connection is transforming!

Be kind friends and release the superpower of kindness within you!

Learn more about the Kindness Initiative and how to engage at the following links:

Overview: <https://www.facebook.com/100578461987684/videos/163800945369322>

On YouTube: [“Captain Kindness Colorado”](#)

On Facebook [“Mesa County Kindness Initiative”](#)

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