

HOW TO

BNICE™

ANYONE ○ ANYWHERE ○ ANYTIME



A BASIC GUIDE TO UNDERSTANDING
“NICENESS”

www.BNICEtoday.com

A Basic Guide to Understanding “Niceness”

Introduction:

Sometimes people say that being nice is often easier said than done. The whole point of the BNICE Initiative is to make it as easily done, as easily said. It’s a personal commitment to be more morally aware. The BNICE Initiative is for all ages. This guide isn’t meant to be read from cover to cover in sequential order. You can pick a phrase or topic and simply go from there. Just a little bit as often as you can think of it, is more than enough. It revolves around everyday acts of kindness that you can do with yourself or other people...

...Anyone, Anywhere and Anytime.

The BNICE Initiative categorizes three basic opportunities that we are a part of most every single day.

- ANYONE:** Personal; acts and attitudes that have to do with you or how other people see you.
ANYWHERE: Location based; how you behave proportionate to your environment.
ANYTIME: Situational; how you are in direct dealings with people and decisions.

How to Use This Guide:

- Adults and kids can use this guide as discussion topics.
- Parents can discuss with their kids.
- Teachers can discuss with their students.
- Role models (camp leaders, after school counselors, etc.) can use this with their groups.
- Anyone can read this by themselves for inspiration.



ANYONE



(Personal; acts and attitudes that have to do with you or how other people see you)

Ask someone “How are you?” ... mean it, and listen.

- How often do we ask this question to people as the “standard” conversation opener? Furthermore, how often do we get the generic response of “good”? This is your opportunity to ask WHY they’re “good”. However someone answers your question, ask WHY and see where it goes.
- If someone asks YOU this question, try to be honest and give more than a one-word answer.
- *Challenge: Do this in your very next conversation.*

Smile.

- Smiling at people lets them know that you’re pleasant. Look a person in the eye and give them a small smile or a wide grin - it doesn't matter which. This sets the mood of the encounter, and usually encourages the other person to smile back. If they don't, then maybe they are just having a bad day. That's OK; being nice doesn't guarantee a positive response, but it usually helps.
- Smile when you pass people in the street, when you buy something from a shop clerk, when you walk into school in the morning, or any time you make eye contact with someone else.
- Smile even when you're feeling low. You can still be nice when you're in a bad mood. Why spread your negative energy to other people?
- *Challenge: Be aware of your smiles today.*

Be sincere.

- Being genuine is so important. Being who you are will get you so much more than if you try to be someone you’re not.
- Do things out of the goodness of your own heart without seeking a reward.
- Try not to be nice as a means to an end. If you just want to be nice so that you can gain preferential treatment, it's quite the opposite of being nice-it's deceptive, shallow and cruel. Be nice because you want to look back on your life and know that you were a nice person, no matter what.
- *Challenge: Try to do one good thing for someone today and don't tell anyone that you did it.*

Try not to judge people.

- Everybody is different. That’s what makes us humans so wonderful. We all have different tastes in style and appearance.
- Realize that first impressions don't always reveal the truth.
- *Question: Who do you know that doesn’t act the way you think they should based on their appearance?*

Fill your days with small acts of kindness.

- Those little everyday things like holding the door for a person you don't know, or smiling at someone who isn't always nice to you. They don't seem to matter much, but in the end, doing these things will actually make you into a much nicer person.
- *Challenge: Look for an opportunity today to do something nice for someone.*

ANYONE continued...

Gossiping.

- Try not to negatively talk about people and be a backstabber. Being nice to people's faces helps you gain their trust and you're betraying that if you talk about them behind their backs. Gossiping about other people you don't like is bad karma and it makes you look shallow, not nice.
- Talking bad about anyone, if you know them or not...isn't very nice.
- *Question: The next time someone you know is gossiping about someone, what will you say and how will you act?*

Be humble.

- There's a fine line between boasting and bragging to being truly proud of something and sharing it with others. It's called "perception management". If you accomplished something great, that's certainly something to be proud of - just make sure to acknowledge the people who helped you along the way.
- If you walk around telling people how great you are, it might look like you think you're better than everyone else. Others might feel less valuable as a result.
- *Challenge: Try to SHOW people how awesome you are with your actions, rather than your words. Be an example.*

Take the high road.

- Sometimes it's not easy to be nice. You'll encounter situations that will test your ability to be a nice person. Even people you love may at times be flaky, judgmental, egotistical, selfish, or outright mean. You've got to avoid sinking to their level. Try not to turn from nice to cruel just because your patience is being tested.
- If someone is trying to start an argument, don't let it escalate on your behalf. Calm down and refuse to act mean, because you're better than that.
- When you become angry and feel you're going to act in a way that isn't nice, take it out in a different way instead of being cruel. Take some time to remove yourself from the situation and do something that makes you feel good. You have control over your actions and behavior.
- *Question: Have you ever done something out of anger that you later regretted?*

Be reliable.

- Part of being nice to strangers and people you love is being there for them in times of need. Respond to texts and emails, answer the phone when people call. Try not to flake out on plans and spend time talking when the other person asks you to listen.
- If someone leaves you a message, call them back promptly. It's not nice to leave them hanging for days on end.
- If you say you'll be somewhere, be there. If you say you'll do something, do it. Being flaky hurts people's confidence in you, and it's not a nice way to act. Commit to your relationships with others.
- *Question: Have you ever flaked on somebody? Has anyone ever flaked on you?*

ANYONE continued...

Be positive.

- When your friends look to you for advice or just to set the mood of a conversation, try not to be negative or critical. Keep looking for the positive in any given situation. There are two sides to every situation: the positive side and the negative side. Nice people help others see the bright side of things.
- Praise people's accomplishments. If someone does a good job in something, let them know.
- Compliment people. It's always nice to give a compliment to somebody.
- Sometimes people need to vent some negative steam and that's okay. You can be positive and nice without being overly cheerful. Make sure the tone of your feedback isn't out of touch with what your friend is trying to tell you.
- You'll need to vent as well sometimes. Try to be careful of how often you do it, who you do it to and HOW you do it. Get it out of your system in a positive way and move on.
- *Challenge: Compliment somebody today.*

Acknowledge other people.

- Look people in the eye. When you're walking past someone, even a stranger, acknowledge their presence with a simple "hello" or "hi," or even just a wave or a nod in their direction. Letting people know you see them is nice; it makes people feel a little more special.
- If you're walking through a crowded place, it can be hard to acknowledge everyone you pass. Try to at least be nice to the people you end up being near.
- Say "good morning" to your fellow classmates, teachers or coworkers in the morning when you walk into school or your work place. You'll soon earn a reputation as a nice person.
- *Question: Did you tell someone "good morning" today?*

Be courteous.

- Always say "please", "thank you" and "you're welcome." Be patient, observant, and considerate. Treat people with respect, even those you don't particularly want to get to know.
- Don't forget to always say "Excuse me" instead of "MOVE!" when someone's in your way. People are living beings just like you. If you are respectful to that person, that person will usually act the same way. Even if they don't, you still did your job.
- If you're sitting in the last spot and an elderly, disabled or pregnant person is near, offer your seat. It's the nice thing to do.
- If you see someone in need of a little help picking up something he or she dropped or reaching for something, ask to help out. If they refuse, hey...at least you asked and that's nice.
- *Question: Has someone ever offered to help you? If so, how did that feel?*

Limit your "no's" today.

- Be open-minded and aware of how many times you say "no". We can't say "yes" to people all the time, but having an awareness of being WILLING to say "yes" goes a long way.
- Disclaimer: Of course this doesn't apply to questions like "Will you help me rob a bank today?"

ANYWHERE

(Location based; how you behave proportionate to your environment)

Be an example today.

- This is a very general, but very important item in being nice.
- When you're out in the world among other people, you never know when someone will be watching you.
- *Question: Who do you look up too and why?*

Be a courteous driver.

- All too often, we feel so disconnected from other people in our vehicles. The fact is, some people feel the need to act a little more mean when another car cuts them off or something similar. Being a nice driver means that you're accepting that this will happen. No good comes from "road rage".
- Even if you're not driving, be aware of how you're being driven and how others are acting around you on the road.
- *Challenge: The next time someone cuts you off, smile and move on with your life.*

Let someone go ahead of you in line.

- It just feels good to do it.
- *Question: Have you ever allowed someone to cut in front of you? Has someone ever done this for you?*

Tape a nice saying or thought and post it somewhere.

- It's always nice to get to your locker, car or desk and see some anonymous note with a super positive quote or thought attached. That's just good vibes all around right there.
- *Challenge: Do it this week!*

Give someone a flower.

- I mean, who doesn't like getting a flower? Just don't steal the flower.
- *Question: Have you ever received flowers? How'd that make you feel?*

Pick up some trash outside today.

- This is simply being responsible for the planet we live on. Unfortunately, people do litter and you WILL find trash on the ground. Randomly pick some up and you'll feel good about yourself. Better yet, do it in a crowded place and hopefully, people will be inspired to do the same at some point.
- *Challenge: Pick up 10 pieces of trash outside today.*

Clean something for someone.

- This is a great opportunity to really step outside your comfort zone and clean something for someone that you don't normally do this for. It can be as simple as wiping the fingerprints off their phone or sunglasses. It can be doing the dishes or wiping off the countertop. Be creative and have fun with it.
- *Question: When is the last time someone cleaned something for you? Did you thank them?*

ANYWHERE continued...

Compliment a total stranger today.

- This might help you get out of our comfort zone and make somebody else feel good at the same time. By doing this, it connects people with people. It reminds us that we don't just live in our own little bubble of selected relationships and that we're all a part of the human race, living together and being nice.
- *Challenge: Make a conscious effort to compliment a total stranger this week.*

Leave some extra money in a vending machine.

- Even if it's a dime or a quarter, it's really fun to know that you will be giving someone a nice little surprise in the near future.
- *Question: Have you ever found money in a vending machine? Imagine the feeling, however small and wonderful, if you did.*

Recycle.

- It's really our responsibility to recycle. It reduces the amount of materials going into the limited space for landfills. It helps with pollution and conserves energy. Recycling = good.
- *Question: How important is recycling to you? Do you recycle?*

Be nice to animals.

- If you want to be a truly nice person, you've got to be nice to animals, too. You shouldn't tease them or think of them as little robots you can treat however you want. Animals deserve respect just like human beings.
- Never hit or otherwise hurt an animal, whether it's your pet, someone else pet, a stray, or a wild animal.
- Never tease an animal for your own amusement. This goes for bugs, spiders, mice, birds, squirrels, fish, and any other creatures you might come upon.
- If you find an animal or bug in your house, use a humane way of putting it outside or keeping the population down.
- *Question: Who do you know that's nice to animals?*

Go out of your way to tell someone's manager or parent that they're doing a great job and that they're nice.

- Rarely does this happen but I hope we can agree that it should happen more. People like receiving compliments, especially if it's to their boss or parent.
- *Challenge: Look for an opportunity to do this action this week. If you're young, maybe your friends' mom or dad will want to hear what a great friend they are to you. If you're an adult and you just got great service, look for a manager and simply let them know about the service you just received. If you missed the opportunity, maybe write a letter or fill out the business' service card.*



(Situational; how you are in direct dealings with people and decisions)

Be 100% honest today.

- This could be more difficult than you may think. Show your honesty and others will see it. It's the nice thing to do, especially to yourself.
- *Question: Have you ever lied or have been lied too?*

Take initiative of a situation.

- The word "initiative" comes from the root "to initiate" or "start first". It's the action of taking the first step. Sometimes, we don't want to start first in fear of drawing attention or failing. However, being the first to act stands alone as bravery and others will be inspired.
- The BNICE Initiative is about creating moral awareness in ourselves and others. Who wants to go first?
- *Question: When's the last time you took charge of something or volunteered for something before anyone else?*

One time, stop everything to help someone.

- Sometimes people just need help, whether they act like it or not. Going out of your way to help someone is such a great way to be nice and be an example by inspiring others to do the same.
- Don't wait to be asked to help out. Learn how to spot times when other people are in need.
- Find creative ways to help! Help your siblings with homework, listen to your spouse's idea for a new project, make breakfast for your family, walk the dog, drive your sister to school, and so on.
- *Challenge: Make a sacrifice for someone this week. Sacrifice a little time to help someone out, even if you feel you have something better to do for yourself.*

Learn how to share.

- Sharing can mean dividing your dessert in half and giving it to someone. It can also mean giving up something bigger, like your time, space or words of wisdom. Being generous is part of what it means to be nice. Try not to take more than you give, and when you are able, give more than you take.
- *Question: What can you do today to share with others?*

Ask people how they are doing.

- Take the time to ask someone how things are going in their lives, without being nosy or intrusive. If they seem resistant to talking, don't push them to say more than they feel like saying.
- *Challenge: Ask the next person you see how they're doing.*

ANYTIME continued...

Be a good listener.

- Listen when other people are talking to you. It isn't nice to just ignore other people's opinions and stories. Give them time to speak, just as you'd like them to give you time to speak.
- Try to make a conscious effort to remember people's names. When meeting new people, sometimes we get engaged in a conversation so try to remember their name from the start.
- If you find that someone is becoming rude or pushy, just politely wait for them to finish and change the topic after they've discussed theirs.
- Being nice doesn't mean letting yourself get pushed around. If you're talking to a friend or stranger who starts to make you uncomfortable, it's okay to simply excuse yourself and walk away. That said, It's also okay to politely speak your mind.
- *Question: When is the last time you showed some true empathy and really listened to someone?*

Tell somebody "I love you" today.

- We forget to do this all too often. Life moves pretty fast so make sure that the people you care about in life know that you love them.
- *Question: How many people have you said this too lately?*

Contact someone you haven't talked to in a while.

- It's so nice to get a random call or text from a friend you haven't spoken to in a while. This is your opportunity to do it.
- Text somebody a "hello" that's not currently in your texting history.
- Call someone you haven't talked to in a while just to say hello.
- *Challenge: Do this today! It doesn't take long and a super nice thing to do.*

Thank somebody today.

- Having somebody thank you for something makes you feel good. So respectfully, it makes others feel good as well. You can call them on the phone, text them or do it in person. Now that's super nice!
- *Question: Who have you thanked lately?*

Hug someone today.

- The world just needs more people to give hugs. Hugs remind us that we're not alone in the world and other people care about us, as we care about them.
- *Challenge: Give someone a good long hug today. Those are the best ones!*

Discrimination is dumb.

- Be equally nice to everyone. Maybe you're nice to your friends, family, co-workers and teachers. However, if you aren't nice to people who you think aren't cool or popular, you're not actually a nice person.
- *Question: Has anyone ever discriminated against you? Have you ever discriminated against someone?*