

# RANDOM ACTS OF AWAKENING

## What are Random Acts Of Awakening?

The purpose is to Inspire, Empower or Educate. To touch someone else's life, brighten their day and remind them of who they are. This is part of our books' legacy.

**Awakening Legacy**- 12 Authors' Stories that help unleash your purpose  
[www.awakeninglegacy.co.uk](http://www.awakeninglegacy.co.uk)

Please use the hashtag **#RandomActsOfAwakening**

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Send a postcard to a friend letting them know how they have inspired you

Send a hand written note or letter to someone telling them some of the positive qualities you see in them

Photograph you sending it and share on social using  
**#RandomActsOfAwakening**

Voice message someone to let them know why they inspire you

Leave a review for a person that has helped you

Leave a review for a business that has helped you

Smile at a stranger in the street

Listen to someone today & be really present to what they are saying

Share a charity that is doing fab things, that you know can help people

Comment on a post of someone new whose message aligns with you

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Send a voice message to someone who has helped you, and may not realise how much

Read an extract from a book, yours if you have one

Share something that you have learnt that you wish you knew sooner

Share a favourite inspirational quote

Phone someone you haven't spoken to in ages & tell them what you appreciate about them

Share a Book that caused you to awaken in some way

Share a special name you have for something and why

Share a place that feeds your soul

## **Mindfulness exercise in nature:**

Be aware of ...

5 things you can see

4 touch

3 hear

2 smell

1 you can feel