

Random Acts of Kindness

Starting a Binder

A RAK Binder is a great way to build comradery and reinforce a positive work environment. This binder can be used as a reference guide to get to know the employees in your department and allow you to use the information in the binder to find things that your coworkers would appreciate. One act of kindness can start a chain reaction, creating a whole department that is full of kindness, appreciation, and positivity.

Make copies of the following sheet for everyone in your department and have everyone fill one out with all of their favorite things. Compile the sheets into a binder and leave it in a common space so anyone can reference it. The goal is that someone will choose to do a RAK, use the binder to find things that their coworker likes, and use that information to surprise them. When someone receives a RAK, they will feel more inclined to do a RAK for someone else, and the cycle of kindness will begin!

These Are a Few of My Favorite Things...

My birthday is:
____/____

First name: _____ MI: _____ Last name: _____

Places to eat: _____

Places to shop: _____

Food: _____

Fruit: _____

Candy: _____

Cake: _____

Snacks: _____

Scent: _____

Flower: _____

Color: _____

Sports team(s): _____

My go-to coffee or drink order is...

For fun in my free time I love to:

I love to relax by:

Let me tell you about my family:

Let me tell you about my pet(s):

I am allergic to:

Start a chain of kindness in your workplace!