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DAILY
ACTS OF
AHIMSA

@GandhiWorldwide

Begin the year
with acts of
kindness—
perform three
random acts of
kindness
today.

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Reflect on a
conflict you've
resolved
peacefully and
share the
lessons
learned.

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Search and
watch
Nonviolent
Communication
with Marshall
Rosenberg - a
Brief
Introduction.

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4

Meditate or
practice
mindfulness
for at least 15
minutes today.

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Search, read,
about Gandhi
a nonviolent
activist from
India who also
lived 21 years
in South
Africa.

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Search
YouTube
Videos on How
to Deal with
Strong
Emotions with
Thich Nhat
Hanh.

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Engage in a
dialogue about
the impact of
violent media
on society.

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