

The Qualities of a Radical Kindness Warrior

- K** **Kinesthetic.** Action is necessary to shift the situation
- I** **Inspiring.** Your bravery will help other people be braver.
- N** **Necessary.** If you are not part of the solution, you are part of the problem.
- D** **Determined.** RK Warriors never give up.
- N** **Nuanced.** Subtlety is often required. Though based on neuroscience, RK Warriors are artists.
- E** **Energy.** RK Warriors shift the energy, never adding anger or retaliation to the fire.
- S** **Simple.** It is not difficult to remember to sing “Happy Birthday.”
- S** **Surprising.** Shifting the energy often involves engaging our biological startle reflex. RK Warriors are smart cookies, indeed.

