

Ep #020: The Advent of Kindness Calendar



Full Episode Transcript

With Your Host

Rosie Aiello

Ep #020: The Advent of Kindness Calendar

Hi, I'm Rosie Aiello and welcome to the Vulnerable to Valuable Podcast. We talk about moving forward after experiencing narcissistic, controlling, demeaning and abusive relationships. If you've been in one of those like me, you KNOW what I'm talking about. You are not alone. You've been through some painful stuff ... shame, blame, that inner bully inside you. My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you.

I have a special podcast for you for this holiday season.

Today I'll be talking about Kindness. How to create and experience more in your daily life. I'll also be sharing specific ideas from the Advent of Kindness Calendar that I created.

I'll tell you in a bit how to get your very own copy of this special calendar! So get a pen and paper ready. Plus the link will be in the show notes of this Vulnerable to Valuable Podcast episode. #20

Also, it doesn't matter that we are near the end of December, Kindness has no end date.

The Advent of Kindness.

Advent simply means the arrival of or coming of something or someone great.

So the Advent of Kindness is simply the coming of Kindness. If we can create anything in our life, why not create Kindness? Which brings love and joy and peace into your life and those around you.

But us humans aren't always so kind, are we?

From a young age, little kids can be so mean. Say cruel things.

It's easy to judge and put down ourselves and others. That's why kindness takes courage.

And to be clear: Being kind doesn't mean being a pushover or people pleasing. It's quite the opposite. It means relooking at your values, asking yourself whether they reflect who you are and who you want to be today. It means honoring those values, which in today's world can be challenging.

Who do you want to be? Not what do you want to do? But how do you want to show up in this world? When you are by yourself. When you are with others in your household. With Other family members. With Friends. With strangers.

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Isn't it interesting how we can be the kindest person to a stranger, which is fabulous, yet how often we can be short, rude and disrespectful to the ones we actually love the most?

We all do it. But is that how we want to be? Are you willing to look at yourself and ask yourself that question?

We grow when we challenge ourselves and make changes.

How often do you yell at the driver who cut you off? The driver never hears you, but you hear yourself. Your heart races. Your blood pressure goes up. There's a lot going on. You're getting angry at something over which you have no control. Were you reacting to fear that you might be hit? Was it really that close? Or do you have a habit of criticizing drivers on the road?

Maybe next time, consider asking yourself, "Why am I yelling at that driver? What is it about that person's action that I have made myself angry?"

The person's action didn't make you angry, by the way. Although I'm guessing you're going to argue with me on that. It's your thought about that action that made you angry. Do I want to be angry? You can have fear without being angry. You can become curious instead of being angry. You could think instead that person is rushing to his mother, or to the hospital. Ah, now you have to look a bit deeper into yourself. Sometimes that's not fun. Sometimes we don't like what we find.

Is it worth making yourself angry? Increasing your adrenaline? Your blood pressure. What you do by yourself is more important than what you do in front of other people. Looking deeper into yourself takes courage because that's the source of transformation. That's an act of kindness. That's an example how kindness takes courage.

Look, we're humans and we do things that aren't nice all the time. The good news: We have a brain to challenge how we show up. And we can decide how we want to show up and experience this life.

Do you want to choose to be a kind being?

There's always time for kindness.

If we choose it.

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I was in an abusive relationship for 25 years where I was constantly demeaned, belittled and insulted.

It took a heavy toll on me. My confidence was crushed. I doubted my sanity. I lost who I was.

Kindness was completely absent in my life for over 2 decades. That's not how any human being should have to live.

After my escape and I began to heal, I decided to dedicate my life to practicing being kinder,

To expect to be treated with kindness, to do my share to create more kindness in the world.

And to help women move forward after experiencing abusive, controlling, narcissistic, and toxic relationships. So like me they can a productive, prosperous and joyful life that they deserve—for them and for their children.

My kindness mission is to create kinder intimate relationships, which would create kinder families, which would create kinder communities and therefore a kinder world.

Toxic relationships have you noticed are exhausting. They are unhealthy and suck the life force out of you. And no one wins.

Kindness is life giving. And becomes a win-win-win.

I'm going to share Kindness ideas from the Advent of Kindness Calendar in just a second. But first I want to share this with you.

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If you were in a toxic relationship how I was, you know what I'm talking about.

You may be Blaming yourself. Doubting yourself.

Not trusting in your decisions anymore. Being afraid of the world.

That's not being kind to yourself, and it's not your fault. It's just your brain keeping you stuck in thoughts and stories that don't serve you. You want to feel more confident on the inside right?

If you're thinking I'm too afraid to date because I'll mess up again, so I just won't date.

Or, you're dating. You're wanting a relationship, but are still afraid. You think you have to settle. You're sure you have to settle. You might be saying like I did, "There are no good men out there."

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None of that thinking or behaving is being kind to yourself.

It's not going to help you find the kind love of your life, like I have. I know because I was there too. All that same negative thinking. That wasn't helpful at all. Actually, it was pulling me down further. And it's pulling you down.

If you're ready to change all that and make your next 12 months a remarkable one, where you show up with confidence, know you don't have to settle or find the love of your life, then that means you're ready for your Freedom Journey to be 100% YOU.

I invite you then to a call with me.

Go to: bit.ly/ChatRosie

Make sure that's Capital C for Chat and Capital R for Rosie –R-O-S-I-E

You'll do a little assessment and then we'll see what magic happens when we talk. You're one conversation away from creating a new life. Think about it.

The link will be in the show notes.

Again it's bit.ly/ChatRosie

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I'm going to share now some ways to create more kindness in your life taken directly from the Advent of Kindness Calendar that I created for the month of December.

I'll share in a moment how to get your own copy so can practice being in kindness.

It doesn't matter we are near the end of December, these ideas are worthwhile any day of the year.

Here are some ones. I've just picked them out randomly.

- **Stop the “shoulds”, self-judgment and self-criticism.**

How easy we slip into that. “I should have known, I should have left sooner. I should have this. I'm not a good mother. I'm not this. I'm awful. I'm not good enough.” All these negative things.

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My friend, that's not being kind to yourself. Can you hear that? How could you expect somebody to be kind to you when you're not even kind to yourself?

- **Ask more questions instead of assuming.**

This one just hit me right today. I was assuming. I was getting all worked up. I was getting upset. It's like, I didn't even give the person a chance to clarify. So I wasn't being kind to myself and I sure wasn't being kind to that other person. We have to just step it up.

- **Look for kindness in others.**

When I started to date, I was looking for somebody who wouldn't control me, who wouldn't insult me, who wouldn't put me down, and I was resistant to kindness because I didn't trust. But when I started to look for kindness, then I found it. It was very empowering.

- **Tell a relative what you appreciate about them.**

It could be a friend. You don't have to take this literally. I remember when I was living overseas and when I finally visited these, "Oh, I'm sorry. I didn't." because people think you have to write a huge, long letter. You don't have to write. Just say a short little note or tell them if you're able to speak, "I was thinking about you and I appreciate you in my life. I just love what you're doing." It doesn't have to be a book. We make things more complicated than they are.

- **Write a sweet note; hide it or mail it.**

If you're living with that person, it could be your spouse or partner or your children, whoever it is, hide it and/or mail it if they're further away and just feel good about that kind note. Just imagine when they get that, they see that. They know that you thought of them. That's so cool. Okay.

- **Say, "I love you".**

Three words, but are so powerful. I think it's some words that can be used a little bit more often.

- **Ask: How can I be a kinder person?**

Simply asking yourself that question is going to put your brain into a curiosity mode and start looking for it mode and supporting you mode, and maybe helping you ask those questions instead of assuming and doing those other kinds of actions. Just start getting your brain thinking how you can be a kinder person. And it doesn't mean that you're a rude person or you're an insult

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or whatever. But we could always be kinder. All of us could be kinder, because we're humans. We slip into ways. We get lax and it's really easy to not do something that's kind.

- **Remind yourself: “I am enough.”**

That's being kind to yourself. It's not kind of saying, “I'm not enough.” That's not being kind. And you show up, your energy will shift. When you start to say, “I'm enough,” even if you don't believe it yet, still practice it. Practice those thoughts because that's the truth. Saying you're not enough is not the truth. Practice “I'm enough.” And the more you practice it, the more you believe it, the more you come into being kind to yourself. And if you're kind yourself, you'll be kinder to others. You'll just show up differently. Your energy will be bigger and fuller and warmer and softer.

- **Write a kind note to yourself and hide it somewhere.**

The other note was to somebody else. This one is to you. For example, let's say it's now December, so maybe put a note and date it and you can put it maybe with your swimsuit or something, and write “I am enough. I really am enough.” And then when you see it six months later, it's like, “Oh yeah, another reminder how to be kind to myself.” How cool is that?

- **Ask yourself: How can I be courageously kind next year?**

It's been fabulous to be with you.

You can get your own Advent of Kindness Calendar at <https://bit.ly/KindnessCalendar2020>

The link will be in the show notes. However if you type it, make sure your type CAPITAL K for Kindness and Capital C for Calendar 2020. Not all in lowercase.

Kindness takes courage.

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That's it for today's episode, head on over to VulnerabletoValuable.com, and subscribe to the show. When you subscribe, you'll instantly get a special eBook.

And when you subscribe to the show and post review to iTunes, you'll be entered into a drawing to win a free consult with me. Plus, your subscribing will help our mission to inspire 100 million women worldwide to heal and move forward from their abusive relationships.

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That's [VulnerabletoValuable.com](https://vulnerabletovaluable.com), the podcast that guides you to reclaim your voice, value, confidence, and courage.

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