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00:04

JIM: Today we have a really good, I think feel good story. The guests that we have on today, I actually happened to go home for lunch, just turned on the TV for some background, caught this great couple that was talking about what they did for their wedding and what they asked for for wedding gifts on Rachel Ray. I don’t know who Rachel Ray is from Adam, it just happened to be a Rachel Ray show. I normally do not have the TV on in the middle of the day, but I was very inspired, so I think fate is what brought us together with today’s guest. Today’s guest is Leigh Clark, and her and her husband did something really unique. Their mission in life is to make the world a better place, and what they asked for for gifts was that everybody do a random act of kindness instead of buying them gifts, and she’s created a business around that. What really inspires me, she’s a young person, as for myself being a baby boomer, we have this opinion that young folks are too into themselves and they’re just playing video games and on their phone and all that. Leigh will certainly break the mold on that stereotype as you get to know her, so it’s with great pleasure Leigh, I welcome you to today’s program.

1:12

LEIGH: Thanks for having me Jim, I really appreciate it.

1:14

JIM: Let’s talk a little bit about what inspired this unique wedding that you and your husband just recently had.

1:20

LEIGH: We recently got married in September 2015. I have been someone who has been a big proprietor of random acts of kindness for several years. It started back around 2012, and I know you had just mentioned that my generation tends to be the more self-involved type, and I definitely fit that mold. I was very much worried about myself, not worried about the greater community, and you know kind of stuck on some pretty shallow things. I realized at that point that I needed to do something to reset myself and do some kind of soul work and get in touch with ways to be truly happy. I began doing random acts of kindness, and immediately I felt a sense of joy and purpose that I had never felt before in my life, so it became very much a part of my personal footprint and so much of what I stand for. When James and I got engaged we were just over the moon with happiness and we really wanted to find a way to connect our guests to the same type of joy and happiness that we had found in our relationship with one another, but also in these acts of kindness that we had been doing for a few years. Prior to the wedding we sent out an email to everyone attending and said, listen, we’d love for you guys to participate in random acts of kindness to help celebrate our union. Please share any photos or stories either on social media using a specific hashtag, or just send it to us on our personal email, we’d love to hear what you guys are doing, but this is our way of sharing love with the world and we really would love for you guys to get involved. We put it out there, we floated it out there and our guests gladly took the challenge, and we were really overwhelmed and so surprised by how many people got involved, by the variety of acts that they took part in, and how that good energy seemed to radiate and grow exponentially, not just for James and I but for all the other people who were involved in the random acts of kindness, and then all the people who were the recipients of the acts of kindness. It was a truly great domino effect of good will and positivity that was centered around our wedding.

3:31

JIM: You got to share with the audience some of the results of those random acts of kindness. Can you share a couple of them?

3:37

LEIGH: Sure, yes. What was really interesting was, since we started with a hashtag on social media, we even had people who weren’t attending our wedding get involved. For example, a childhood friend of mine actually collected supplies and different items and brought her kids to the local women’s shelter to donate these gifts and items. One of my bridesmaids took her daughter to the local animal shelter and explained to her that they have pets that are cats, and they said some cats don’t have houses so they live here at the shelter, so they bought them cat food and towels and all sorts of supplies to the local animal shelter. Then other guests did things like just acts of gestures of kindness like one of our guests was flying down for the wedding and there was a family that was split apart, half the family was in one section of the plane and the other half was in the back section of the plane. They had actually paid for premium upgraded seats and they gave away their upgraded seats to this family so that they could all sit together. There was just a great variety of different types of acts of kindness from guests and again from people who just knew us through social media and wanted to get involved.

4:50

JIM: Tell me what it was like at the wedding, because obviously you announced this and people started doing the random acts of kindness before the wedding. What was the wedding celebration like?

4:59

LEIGH: We did a few events around the wedding so that people would have a chance to mingle and bond. I felt that they really bonded and there was a lot of solidarity around the fact that they had all contributed to something. What was great was it was a common topic at every table since almost, each table at least had one or two people who participated in acts of kindness. It was a great talking point for them at the table to get to know one another and say hey what did you guys do and how did that work out. There was a really great energy around the wedding. I think people felt like they were part of a purpose and they felt like they were connected by kindness, which meant a lot to me. That’s a huge proponent of who I am and who my husband is, and even the actual day of the wedding there were people doing random acts of kindness for the hotel staff and doing different nice things for the people who were working on premise. We actually even put together some arrangements with our leftover flowers and gave them out to some of the housekeepers and we took the rest over to the hospital and nursing home. The kindness just kind of kept pouring on and over the wedding throughout the weekend leading up to it and even in the days that followed.

6:08

JIM: I got to tell you Leigh, you are the definition of what I feel real wealth is all about, because it’s not so much about your value goals as it is your values and passing those on to others and sharing with others. People might wonder, my show is premises on educating people and making smart decisions, and one thing that I find and I keep emphasizing this to every client I meet, when you have a plan of retirement it’s what you’re retiring too not what you’re retiring form. Most people just stop their purpose in life, because a lot of times their lives revolve around their jobs and that’s their purpose. All of a sudden it’s gone and they’re very unfulfilled, so you have to find purpose in life whether you’re a millennial or whether you’re the greatest generation or a baby boomer, you need to have your purpose in alignment with your other goals, and it makes life a much, much, much happier place. I really commend you. I also find too, and I’ve shared with you off the air, I got involved in a charity called Main Street Philanthropy where they’re teaching philanthropy to kids. It has a lot of life skills that it teaches; it’s not just about the charities. There’s a lot of kids I talked to in my area I’ve got some retired police officers and from what I see in the paper it’s all over the place the number of kids with the heroine epidemic and the drugs and all that. I think a lot of it has to do with lack of fulfillment in their lives, a lack of purpose. The fact that they are on their phone and they’re not creating interpersonal relationships, it’s all online relationships, I think is the reason why we have so many kids that are unhappy these days. What you did just shows how much joy and happiness people can have at any age.

7:49

LEIGH: Absolutely, and you know it’s interesting, I think the biggest objection I hear people give me when I talk about random acts of kindness is, I don’t have enough time or I don’t have enough money. It’s one of those two things, either time or money. I think what’s important is that the more you give the more you get so long as that’s not your motivation. What I mean by that is when I started out I had very little to give financially. I was just starting out early in my career, paycheck to paycheck, just piecing it together and I didn’t think I had enough but I did have time to give, I didn’t have money to give. Since I’ve been doing these acts of kindness my life and the wealth and the values that have flowed through me through this generosity has brought me to levels I never imagined possible. I think people become limited in thinking that they don’t have enough, but when you start giving you realize you have so much. To give to someone else there’s a feeling of being fortunate enough to have something to share. Even if it’s an hour of your time that you go to a nursing home and you ask them hey is there anybody here who doesn’t ever get any visitors who you think could use some cheering up. You spend 30 minutes of your lunch break sitting with that person asking them about your life. The amount of fulfillment you get form that is a type of wealth that currency cannot define. I think it’s super important that people embrace that value and get away from the excuse that time or money is the obstacle, because there’s plenty if you look for opportunity. Some of the random acts of kindness I do take less than a minute. When I pay for the toll for the person behind me on the bridge, but the feeling that gives me lasts for hours and days. There is an abundance out there and I think it’s all about giving yourself the time and energy to put towards it and really having that set of values and then those obstacles really become obsolete.

9:43

JIM: We’re going to take a short break, and when we come back, I want to talk about the nonprofit that you’ve set up to really leverage your gift of these random acts of kindness, so please stay tuned.

10:03

[BREAK]

10:28

JIM: Welcome back as we continue to visit with Leigh Clark. Leigh and her husband had a unique wedding experience where instead of getting wedding gifts they asked everybody to give a random act of kindness and it really made a difference in this world. Leigh, I know before the break we were talking about this business, my introduction to you was through the television with Rachel Ray, and I know you talked about this business that you had created, and you told me you just went to your accountant and you’re in the process of setting up as a nonprofit. Talk about this nonprofit business that’s going to help spread the wealth so to speak.

11:03

LEIGH: Sure, as I had mentioned earlier, a few years back when I was in the midst of doing some soul searching and really trying to find true happiness, joy, and a purpose in my life, I started these random acts of kindness. At the time I was just getting started, I didn’t have very much money, so I did a lot of donating my time and I tried to put together small, inexpensive acts of kindness. As the years wore on I really wanted to do more than I had done before, and I have a bit of talent in art, I like to paint, it’s something that I use as a mind release, a little mental therapy. I thought you know what why don’t I start doing paintings and I’ll pain little motivational quotes and stuff and I’ll sell those and then whatever money I make from those I can use that to fund these random acts of kindness. Then maybe instead of just doing it between Thanksgiving and Christmas, which is when I typically did my campaign of kindness, I wanted to do it year round. About a year ago I started a business called Kindleigh, and the effort was just that, was to create art and take the profit from that art and turn around and use that to fund acts of kindness. It’s been great. It’s taken off faster than I could have ever imagined. I think we’re at over 12,000 likes on Facebook, which just blows my mind, created this connected community of people who are looking for ways to get involved in random acts of kindness. It led me to meeting Ariana Huffington at a convention. She invited me to blog for the Huffington Post after I told her about my little art business and what I did in terms of kindness, and then just today I sat down with my accountant to officially put in the paperwork to become a 501(c)(3) so that I can build this into a nonprofit charity and continue to fund kindness around the world. Something interesting I did with the business back in December is I had hear about a few celebrities last year paying off layaways at different stores around the holidays, so I created a fundraiser online and I raised over $2000 and I was able to pay off 30 families layaways at the local Walmart this Christmas, so if that’s any indication of where the business is going, my goal is to be as big and powerful as we can be in terms of generosity and kindness. The entire premise of the business is based on motivating other’s spirit and uplifting one another through acts of gratitude and acts of kindness, and you know helping to balance a world that’s highly negative. I mean if any of you guys read Facebook and you read your wall there is a lot of negativity out there, and there is an expression that says it’s better to light one candle then to complain about the darkness, and that is my sole intention is to light as many of those candles as I can.

13:56

JIM: Well that’s pretty exciting. Where do you go from here? It sounds like you might have to quit your day job and dedicate it fully to kindness.

14:02

LEIGH: My life goal is to be in a position at some point to run that business exclusively. I’m fortunate now through the years I’ve been able to expand my career set. I have a really great day job. I work for one of the largest software companies in the world and I’m in sales, and my company actually is very big on volunteering and philanthropy, so they’ve been extremely supportive with what I do in terms of volunteering, in terms of the charity that I run and it’s a great place to be. My life goal is to not only run a charitable business but to become a public speaker who spreads the stories of kindness and generosity to others and to be able to be an author and a speaker and to motivate one another to get involved in things that make the world a nicer place. That’s my goal is to leave a positive impact on this world.

14:56

JIM: Well it sounds like you’ve already reached the goal of being a public speaker.

15:00

LEIGH: Thank you. Thank you.

15:02

JIM: You do a great job. Well, Leigh, I really want to say I really appreciate you taking the time to share your story. You’re an inspiration to everyone I believe. What I’d like to do is if somebody would like to get some of the artwork that you’re doing how do they get ahold of that?

15:19

LEIGH: Sure, so if you go online and you Google Kindleigh, like my name, you’ll see our Facebook page, it’s Kindleigh Art. You can also find us in Etsy, Etsy Shop Kindleigh Art. Just a simple Google search field. You’ll find that we’re all over the internet. We do custom orders as long the message is positive, that’s the only caveat. The best place to interface with me is Facebook, Etsy. I’m also active on Twitter, so it’s @kindleighart my Twitter handle, also the same as that on Instagram @kindleighart. Pretty much if there’s a social media channel I’m on it. Working on Pariscope, working on Snapchat, trying to keep up with all of these modes of communication. Check me out online and I’d love to hear from any of the listeners if they have any motivating acts that they’ve participated in, any great ideas, or just any feedback from our chat today I’d love to hear from people.

16:18

JIM: Well Leigh it sounds like there is a lot of ways to get a hold of people, and I’m just thinking to make it easier we have a resources for you section here on the website that people are listening to this on, would it be okay that we get you up on there?

16:30

LEIGH: Absolutely.

16:31

JIM: Alright, so to make it real easy just look for the Kindleigh section, just hit the button and you’ll go right to all the resources that they have available. Again, if you have anything to share absolutely share that. The positiveness that comes out of all this will be great for everybody involved, and I think if you want to help support this worthy cause and have a positive saying that’s beautifully done with the artwork that Leigh does it’s something you can display in your office or in your home as just kind of a reminder of random acts of kindness. Thank you very much for being part of our program.

17:04

LEIGH: Thank you Jim. I just want to say it’s refreshing to hear someone who is focused on wealth, understanding that generosity of spirit and giving to others is the best kind of wealth out there, and I really appreciate your point of view and for having me on the show. Thank you so much.

17:18

JIM: Alright, we’ll have you back on again soon to report on how much you’re making an impact on the world.

17:24

LEIGH: Sounds good, thanks so much.

17:26

JIM: Thanks for joining us this week. Tune in again next week as we explore another phase of the Real Wealth process, and remember if anything you heard in today’s show you’d like to get more information about, contact your Real Wealth advisor. Also, if you feel that any of this information would be helpful to a friend or family member just click the forward to a friend button.