

# 30-DAY RANDOM-ACTS-OF-KINDNESS CHALLENGE

START DATE \_\_\_\_\_

 Send a "thinking of you" card	 Buy a round or pick up the bill	 Smile at strangers and dogs	 Give a thoughtful gift	 Offer up your seat or place in line
 Hug someone who needs it	 Compliment your boss or teacher	 Babysit or petsit for free	 Help someone who is lost	 Leave a generous tip for service
 Volunteer your time or skills	 Send a handwritten note	 Express heartfelt appreciation	 Hold the door or elevator	 Spread positivity on social media
 Be a polite and pleasant driver	 Tutor or mentor someone	 Donate money to charity	 Compliment the clerk or cashier	 Leave a glowing review
 Send flowers to someone ill or sad	 API: Assume positive intent	 Give up the better parking spot	 Bring your co-workers coffee	 Let someone you admire know it
 Compliment the Uber driver	 Help with a chore or cleaning up	 Share your umbrella when it rains	 Send a thoughtful text	 Freely offer praise and affirmations