Hold the door open for someone.

Leave an extra large tip.

Send a handwritten thank you note.

Ask the cashier, “How is your day going?”

Smile at a stranger.

Pay someone a meaningful compliment.

Offer assistance to someone in need.

Listen to a loving-kindness meditation.

Send a care package to someone.

Forest bathe or spend time in nature.

Pick up trash.

Post a positive comment on social media.