

# KINDNESS TO-DO LIST

- 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.
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