



# KINDNESS CHALLENGE

## *humans*

- GIVE A GENUINE COMPLIMENT TO SOMEONE (TAKE WHAT YOU ARE THINKING & GIVE IT WORDS)
- MAIL OR GIVE A KIND NOTE TO SOMEONE
- PAY IT FORWARD
- DO AN ACT OF SERVICE FOR SOMEONE (ERRAND, CHORE, PICKING UP SOMETHING, ETC.)
- COOK DINNER, BRING SOMEONE COFFEE, BAKE COOKIES, ETC.
- ENCOURAGE A FRIEND -OR- A STRANGER (WRITE A COMMENT, GIVE A COMPLIMENT, ETC.)
- WRITE A POSITIVE COMMENT TO SOMEONE YOU FOLLOW OR LOVE (GET ENGAGED BEYOND SCROLLING)
- SEND A GRATITUDE EMAIL TO SOMEONE (COWORKER, LOVED ONE, FAMILY, FRIEND, SHOP OWNER, ETC.)
- SEND A GRATITUDE EMAIL TO SOMEONE WHO HAS IMPACTED YOU (MENTOR, TEACHER, PARENT, FIGURE, ETC.)
- DO A RANDOM ACT OF KINDNESS (PAY IT FORWARD, LEAVE A NOTE, ETC.)
- SEND A TEXT MESSAGE OR EMAIL TO LET SOMEONE KNOW YOU ARE THINKING OF THEM

## *community*

- DONATE ITEMS YOU DON'T USE OR LOVE AS MUCH (SOMEONE ELSE WILL)
- DONATE, VOLUNTEER, OR BRING AWARENESS TO A CAUSE YOU LOVE OR BELIEVE IN
- SUPPORT A LOCAL MAKER OR SHOP (BUY LOCAL HONEY, SUPPORT INDEPENDENT STORE OR ARTIST, ETC)
- SEEK OUT AND SHOW APPRECIATION FOR SERVICE WORKERS (POLICE, FIRE FIGHTERS, TEACHERS, LIBRARIES, NURSES, ETC.)

## *environment*

- BRING A REUSABLE BAG FOR GROCERY SHOPPING AND OTHER ERRANDS (EVEN REGULAR SHOPPING)
- USE A RESUABLE WATER BOTTLE (AND AVOID SINGLE USE PLASTIC ONES.)
- USE A TRAVEL COFFEE MUG OR OPTIONAL MUG AT COFFEE SHOP (EVEN STARBUCKS HAS MUGS FOR DINING IN)
- USE YOUR OWN REUSABLE STRAW AND/OR UTENSILS (AND AVOID SINGLE USE PLASTIC)
- IDENTIFY ONE AREA TO LESSEN THE WASTE YOUR HOUSEHOLD CREATES (CLOTH NAPKINS? SHAMPOO BARS? TUPPERWARE?)

## *self*

- WRITE AN ENCOURAGING NOTE TO YOURSELF
- UNPLUG AND GO TECHNOLOGY FREE. DO SOMETHING YOU LOVE
- WRITE A GRATITUDE LIST IN THE AM
- DANCE, MOVE, OR STRETCH YOUR BODY. APPRECIATE YOUR BODY AND SHOW HER GRATITUDE.
- READ A BOOK. ANY DARN ONE YOU CHOOSE.
- MAKE A PLAYLIST OF YOUR FAVORITE PUMP UP JAMS.
- TRY SOMETHING NEW (NEW RESTAURANT, NEW HOBBY, NEW COFFEE, NEW SCENIC WAY TO WORK, ETC.)
- SPEND 30 MINUTES ON DOING SOMETHING YOU LOVE (COLOR, DRAW, YOGA, COOK, ETC.) W