

# THE 30 DAY



1. Leave a good parking spot open for someone else.
2. Let someone know you appreciate them and why.
3. Call or text someone you know could use some encouragement.
4. Pay for the meal of the person behind you in the drive-thru.
5. Let someone with fewer groceries get ahead of you in line.
6. Let your pastors or teachers know they are making a difference in your life.
7. Surprise your co-worker or classmate with a special treat.
8. Think of someone from the past who helped you, and send them a thank you message.
9. Call a family member you haven't spoken with in a while to let them know you were thinking of them.
10. Donate items to a thrift store or charity.
11. Host a dinner for family or friends.
12. Leave a note for someone you love.
13. Smile at someone that looks like they could use some encouragement.
14. Offer to put a grocery cart away for a mom or elderly person.
15. Pay someone a compliment without expecting one in return.
16. Let your restaurant server know they did a great job.
17. Clean up after someone.
18. Smile at yourself in the mirror.
19. Thank a veteran or member of the military for their service.
20. Make a financial donation to your favorite charity.
21. Be extra welcoming to a new coworker or neighbor.
22. Pick up a piece of litter.
23. Spend the day saying only nice things about people.
24. Put \$5 in a box of diapers with a nice note.
25. Be polite to a telemarketer.
26. Open the door for a stranger.
27. Be patient with the slow-moving person in line.
28. Encourage a person you can tell is new at his or her job.
29. Feed the birds.
30. Donate food to a food pantry.

## KINDNESS CHALLENGE