



30 DAY KINDNESS CHALLENGE

- Day 1: Pick up litter.
- Day 2: Leave your favorite restaurant a great review.
- Day 3: Offer to help someone carry something heavy.
- Day 4: Donate blood.
- Day 5: Surprise someone with a coffee.
- Day 6: Participate in the You Matter Marathon.
- Day 7: Check in with an elderly relative.
- Day 8: Donate old clothes to a local charity.
- Day 9: Hide a scratch-off ticket for someone to find.
- Day 10: Sign up for a 5k to support a local charity.
- Day 11: Leave a few books at a Little Free Library.
- Day 12: Buy lunch for a homeless person.
- Day 13: Offer to babysit for a friend.
- Day 14: Ask someone how you can help them - and then do it!
- Day 15: Leave spare change in a vending machine.
- Day 16: Hide inspirational quotes and messages for strangers to find.
- Day 17: Invite your neighbors over for dinner.
- Day 18: Volunteer at your local food bank.
- Day 19: Leave quarters near a vending machine or laundromat.
- Day 20: Compliment at least three strangers.
- Day 21: Write a thank-you note.
- Day 22: Hold the door for someone.
- Day 23: Give a friend a "just because" gift.
- Day 24: Help a neighbor with yard work (mowing, raking, or shoveling, depending on the season).
- Day 25: Smile at someone who needs it!
- Day 26: Give someone an extra-generous tip.
- Day 27: Drop off old blankets and pillows at a nearby animal shelter.
- Day 28: Pay it forward at your favorite drive-thru.
- Day 29: Write a thank-you note to someone from your past who's made an impact on your life.
- Day 30: Avoid negative thoughts for a day - show yourself some kindness, too!