



1. BUY A COFFEE FOR THE PERSON BEHIND YOU
2. _____
3. LEAVE THE QUARTER AT ALDI'S
4. _____
5. BUY FLOWERS FOR A LOVED ONE
6. _____
7. VISIT AN ELDERLY FRIEND OR RELATIVE
8. _____
9. LEAVE A TREAT FOR YOUR DELIVERY PERSON
10. _____
11. COMPLIMENT A STRANGER
12. _____
13. GIVE A BIGGER TIP THAN USUAL
14. _____
15. HIDE A FEW \$1 BILLS AROUND THE \$1 STORE
16. _____
17. WALK YOUR NEIGHBOR'S DOG
18. _____
19. WRITE STICKY NOTES WITH AFFIRMATIONS & LEAVE THEM IN PUBLIC RESTROOMS
20. _____
21. TEXT A FRIEND OUT OF THE BLUE
22. _____
23. DONATE CANNED GOODS TO A FOOD PANTRY
24. _____
25. CALL YOUR MOTHER (OR OTHER RELATIVE)
26. _____
27. FORGIVE SOMEONE
28. _____
29. SAY A PRAYER FOR SOMEONE YOU DON'T LIKE
30. _____
31. SEND A HAND WRITTEN NOTE TO SOMEONE
32. _____
33. LET SOMEONE CUT IN FRONT OF YOU ALL DAY
34. _____
35. THANK A TEACHER WITH A NOTE OR GIFT
36. _____
37. BRING DONUTS FOR YOUR CO-WORKERS
38. _____
39. LEND A FRIEND A FAVORITE BOOK AND TELL THEM WHY IT REMINDED YOU OF THEM
40. _____