

30 Day Kindness Challenge

1. Words often reflect the condition of our heart, for the next day, resolve to say nothing negative today.
2. Do one unexpected gesture as an Act of Kindness.
3. Do something for someone that says, "I was thinking of you today."
4. Contact someone during the business of the day. No agenda other than asking how he or she is doing.
5. Friday: Drive Thru Difference - Simple, convenient and gives you a way to make someone else feel good - and you'll feel good too. Pay for the person behind you.
6. Make a list of all the things you are thankful/grateful for...Everyday write down 3-5 things in which you are grateful for. By the way, research has shown that this increases happiness by 25%.
7. Be purposeful when greeting people today. Do it with a smile and enthusiasm.
8. Ask someone what you could do to make their life a little easier today...run an errand, wash dishes, do the laundry, etc.
9. Make dinner for your family tonight (and if you already do this on a regular basis) make a dinner for a friend, grandparents, neighbor, etc.
10. Spend quality time with a loved one/friend/grandparent, etc. Do something they would love to do or a project they'd really like to work on. Just be together.
11. Leave a note on a neighbors/friends/spouses/co-workers car wishing them a spectacular day.
12. Buy McDonalds gift cards and leave them in your car, offering to someone who looks hungry along your way. Arch Cards can be purchased at participating McDonalds restaurants.
13. Buy a cup of coffee for a stranger behind you in line.
14. Volunteer at an organization who needs your help www.westsidecia.org
15. Text a friend or loved one a photo of something that reminds you of them.
16. Next time someone cuts you off on the road, gently wave them in. You never know what kind of day they are having.
17. Write a "thinking of you" card to a friend or family member you haven't talked to in a while. Send it in the mail (yes, the snail mail).
18. Next time you hear gossip, change the course of the conversation toward praise and gratitude about the person or situation.
19. Offer to babysit for a friend or neighbor.
20. Turn off your lights when you're not using them...use less energy and conserve environmental resources.
21. Listen. When someone needs to talk, listen with your full attention, without chiming in or offering advice.
22. Clean out your closet and donate to <https://www.iocp.org/resale-thrift-store/donate-at-resale/>
23. Volunteer www.westsidecia.org
24. Give your old warm coat to <https://www.iocp.org/resale-thrift-store/donate-at-resale/>
25. Show up on time.
26. When you see something good, share it with parents, spouses, friends.
27. Buy a small gift for someone. Just because.
28. Pass along a wonderful book you've finished reading.
29. Bake and take cookies to your friend or neighbor.
30. Return garbage can from the street. At your own house and even a neighbors.

Please visit www.westsidecia.org for the next volunteer opportunity!