

## 75 ACTS OF KINDNESS TO GET YOU STARTED



1. Give up your seat to someone.
2. Hold a door open.
3. Give a sincere compliment.
4. Make someone laugh.
5. Give a big hug.
6. Take time to really listen.
7. Let one car go in front of you on every drive.
8. Make someone new feel welcome.
9. Help someone who's lost.
10. Have a conversation with a stranger.
11. Pick up litter as you walk.
12. Let someone in front of you in line.
13. Read a story with a child.
14. Tell someone they mean a lot to you.
15. Graciously let someone have your parking spot.
16. Offer your change to someone struggling to find the right amount.
17. Treat a loved-one to breakfast in bed.
18. Buy tea or fruit for your colleagues.
19. Invite your neighbor in for a drink and a chat.
20. Offer to pick up groceries for someone.

21. Tell someone if you notice they're doing a good job.
22. Pass on a book you've enjoyed.
23. Say "I'm sorry." (You know to whom.)
24. Forgive someone for what they've done.
25. Visit a sick friend, relative or neighbor.
26. Buy an unexpected gift for someone, just "because."
27. Bake something for someone.
28. Get a birthday cake to celebrate a friend's birthday.
29. Do a chore that you don't normally do.
30. Offer to drive someone to an appointment.
31. Offer to babysit for a friend's children.
32. Offer to mow your neighbor's lawn.
33. Donate your old things to charity.
34. Give food to a homeless person and take time to talk with them.
35. Give blood.
36. Give money to Kiva, which gives microloans to people starting businesses around the world.
37. Call someone you've lost touch with.
38. Organize a fundraising event.
39. Volunteer your time for a charity.
40. Plan a street party.
41. Visit a nursing home and spend time with the elderly.
42. Help out at a pet shelter.
43. Leave a book on a bench with a note for someone to find and enjoy.
44. Offer to help a friend who's moving or renovating.
45. Bring food to someone who's sick.
46. Teach someone something you're good at.
47. Call your mom or dad, just because.
48. Send an email or text telling someone they are special.
49. Offer to help a colleague who has too much to do.
50. Volunteer at a school.
51. Write a thank-you note.
52. Donate non-perishable items to a food bank.

53. Tutor a child.
54. Pay for a stranger's coffee. Maybe they will pay it forward, too!
55. Smile and give compliments freely.
56. Deliver baked goods to the fire or police station.
57. Call a friend or relative that you haven't spoken to in a while.
58. Donate old clothing and household items to charity or a homeless shelter.
59. Help a neighbor by running an errand, raking leaves, shoveling snow or babysitting.
60. Give a small gift to your mail carrier.
61. Volunteer at a soup kitchen.
62. Take a friend out to lunch or to see a movie.
63. Send a holiday card or care package to soldiers overseas.
64. Help a family member with one of their chores.
65. Donate books to the library.
66. Pick up litter in a public place.
67. Help an elderly person with groceries or errands.
68. Put stray shopping carts back where they belong.
69. Be encouraging and spread positivity.
70. Donate supplies to an animal shelter.
71. Leave your waiter a generous tip.
72. Deliver flowers to a well-deserving person.
73. Help your kids with something.
74. Give your spouse a back or foot massage.
75. Bring awareness to a cause you believe in.

