

30-DAY KINDNESS CHALLENGE

Start this kindness challenge now or at the start of a new month. Hang it on your wall and cross off each act of kindness for the next 30 days.

DAY 1

Bake something for your neighbor

DAY 2

Volunteer at a local shelter

DAY 3

Compliment a stranger

DAY 4

Express gratitude

DAY 5

Hand out 5 kindness cards

DAY 6

Hand deliver 2 kindness notes

DAY 7

Text someone a nice message

DAY 8

Pick up trash on the ground

DAY 9

Smile at 5 strangers

DAY 10

Put your phone away all day

DAY 11

Thank someone

DAY 12

Let someone know they matter

DAY 13

Send an appreciation card in the mail

DAY 14

Comment something nice on another's post

DAY 15

Write a good review for your friend on LinkedIn

DAY 16

Leave a nice note on a car

DAY 17

Shop local

DAY 18

Spread good news

DAY 19

Inspire someone

DAY 20

Let someone check out before you at the store

DAY 21

Don't look at your phone during a meeting

DAY 22

Give someone your favorite book

DAY 23

Compliment a coworker

DAY 24

Add a motivational sticky note on your mirror

DAY 25

Run an errand for someone

DAY 26

Give blood

DAY 27

Leave an unused coupon at checkout

DAY 28

Turn off your phone for a morning

DAY 29

Have a self-care day

DAY 30

Stay calm and patient all day