# 30 Charitable Acts Kindness Challenge

Download and print out this sheet for everyone in your family.
Make it a challenge to complete all 30 charitable acts in the next 30 days.

1 Donate an old coat

2 Volunteer at a food bank

3 Give canned food to a food drive

4 Participate in a walk for charity

5 Attend a charity event

6 Give a gift card to someone in need

7 Donate toys you don't use

8 Pick up trash at your local park

9 Donate extra change to a charity

10 Ask coworkers to donate unused items

11 Share a charity event on your social media

12 Purchase shampoo and conditioner for a shelter

13 Deliver meals to those in need

14 Help out at your local library

15 Invite a friend to a charity event

16 Help serve meals at a soup kitchen

17 Ask your friends to donate unused items

18 Give used books to a shelter

19 Make audio recordings for the blind

20 Donate your credit card rewards

21 Volunteer at an animal shelter

22 Foster a cat or dog for an animal shelter

23 Follow 4 charities on social media

24 Participate in a run for charity

25 Shop at a store that gives back

26 Gift a toy to a child in need

27 Donate one of your holiday gifts

28 Donate a blanket you don't need

29 Make cards and gifts for shelters

30 Walk shelter dogs for a day

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Spread Kindness

Print out this sheet and cut out a heart for every charitable act you do this season.
Add them to a jar in your living area to see how full you can get it before the month ends.
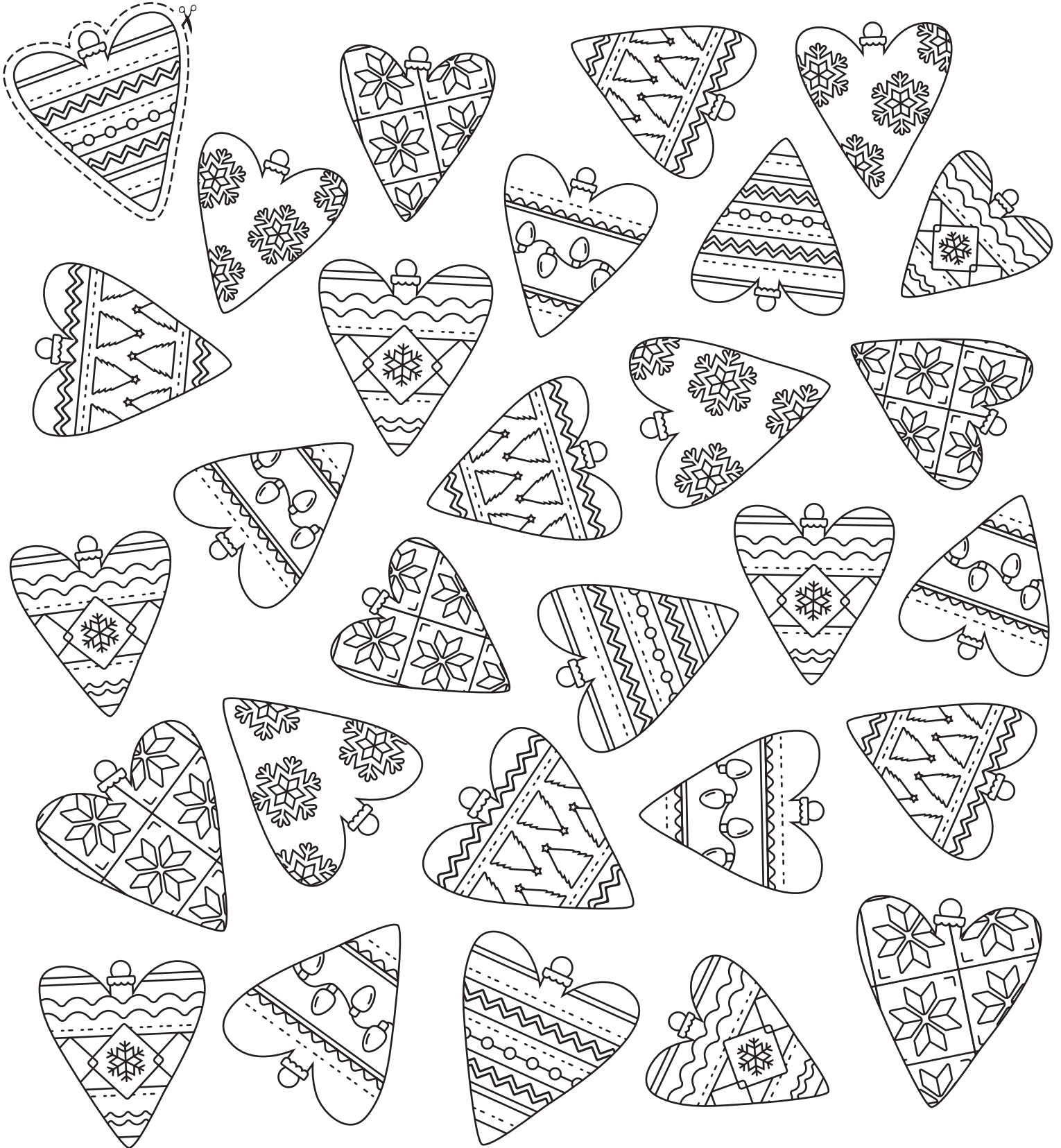
My Top Charitable Goals This Month

Download and print out this sheet to track your charitable acts. List out your top goals, why you have them, and action steps to achieve each goal. To spark inspiration, write out quotes and powerful words to live by.

START DATE _____

END DATE _____

MY TOP 3 CHARITABLE GOALS

⭐ 1 _____

⭐ 2 _____

⭐ 3 _____

WHY I WANT TO ACHIEVE THESE GOALS

⭐ 1 _____

⭐ 2 _____

⭐ 3 _____

ACTION STEPS

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

WORDS TO LIVE BY

_____

_____

_____

_____