

A 30-DAY

Kind challenge

Compliment a stranger	Hold the door open for people	Be more open-minded	Donate blood	Donate to a local charity
Support a local business	Say good morning to at least 5 strangers	Get to know a colleague/classmate	Send a positive text to your friends	Volunteer locally
Ask a colleague/classmate how their day is going	Offer to pay for someone's lunch	Leave someone a kind note	Speak out against an injustice	Lend someone a hand
Send a Thank You card	Give another driver your parking spot	Donate to a food bank	Smile at a stranger	Give a hug (safely)
Let someone go in front of you in line	Pay for someone's morning coffee	Recycle more	Help someone with heavy bags/books	Invite someone new to lunch
Donate old clothes	Teach someone something new	Help someone with their work	Pick up litter	Tell someone a funny joke