

Give an unexpected compliment.	Let someone cut in front of you in line.	Let someone else take that primo parking spot.
Buy a warm meal for someone in need.	Help someone struggling to carry their grocery bags	Say something encouraging to a parent who's struggling with rambunctious kids in a restaurant or grocery store.
Offer to return a stranger's grocery cart to the front of the store.	Donate flowers to a nursing home	Hand out disposable water bottles to people working outside on a hot day
Buy a gift card to hand to someone on your way out of the coffee shop or store	Leave a great coupon next to that item in the grocery store	Pick up a piece of litter on the street and throw it out.
Pass along a compliment to a service worker's boss	Take the time to write a great online review for a restaurant you love	Pay for the meal of the people at the next table. (Leave before they realize what you've done.)
Give an extra tip and write an encouraging note along with it	Learn CPR	Send a care package to a service member
Bring treats to your local Fire/EMT Station	Bring treats to your local Police Station	Write a thank you note to your mail carrier.
Write a thank you note to your Garbage Collector.	Smile at someone who looks sad	Give blood

<p>Donate your old cell phone or other electronics to charity</p>	<p>Sign up for a bone marrow registry</p>	<p>Become an organ donor</p>
<p>Donate gently used clothes to a charitable thrift shop</p>	<p>Give old blankets, sheets and towels to an animal shelter</p>	<p>Play with animals at a local shelter.</p>
<p>Donate your old glasses To the Lions Club</p>	<p>Contribute used books to the library or school media center</p>	<p>donate coloring books, toys and art supplies for a hospital pediatric ward</p>
<p>Donate small new stuffed animals to the local EMT Station</p>	<p>Tell your boss one thing you love about him/her</p>	<p>Bring in a favorite treat to work and leave it in the break room. (It's extra fun if you do it anonymously.)</p>
<p>Compliment a colleague to your boss</p>	<p>Post sticky notes with uplifting messages on the bathroom mirrors</p>	<p>Write a thank you note to someone who has helped your career</p>
<p>Add a positive comment to the conversation if office chatter becomes negative</p>	<p>Compliment a neighbor on a feature of their home</p>	<p>Mow their lawn, rake their leaves or sweep their sidewalk as a surprise</p>
<p>Make a double batch of the cookies you're baking and bring some next door</p>	<p>Plan a neighborhood block party so everyone can get to know each other better</p>	<p>Walk your neighbor's dog when he has to stay late at the office</p>
<p>Offer to babysit a neighbor's child for free</p>	<p>Make dinner for a neighbor who has just had a baby or surgery</p>	<p>Write a thank you note to a teacher who made a difference in your life.</p>

Tell the principal how much you love your child's teacher	Offer to read to your child's class during story time	Plan a surprise gift or lunch for a teacher
Plan a surprise gift or lunch for a Nurse	Plan a surprise gift or lunch for a Police Officer	Plan a surprise gift or lunch for a garbage collector
Send in tissues to school for spring allergy season	Call your mom or dad just to say I love you	Research your family tree and share what you learned with other family members
Tell a friend what you love about their children	Tell a friend what you love about them	Attend an event, such as a dance recital or sporting event, of a friend's child
Send a message to a friend, letting them know you appreciate them	Reconnect with an old friend you've lost touch with over the years. Share a memory you carry with you.	Forgive someone who has wronged you
Make amends with someone you have wronged	Do chores for a family member who could use some extra free time	Donate to a friend's favorite charity in their name
Give a friend a book you think they would like	Send a print of a photo you took of a friend or their child	Write a letter of encouragement to a child you know is having a hard time
Send a friend a helpful or inspiring article that made you think of them	Figure out a friend or family member's half birthday and surprise them with a little treat on that day	Write a sweet, encouraging note and put it in your child's lunch box or under their pillow

<p>Sprinkle a few of these ideas into your weekly routine</p>	<p>Compliment the first three people you talk to today</p>	<p>Send a positive text message to five different people right now</p>
<p>Post inspirational sticky notes around your neighborhood, office, school, etc.</p>	<p>Tell someone they dropped a dollar (even though they didn't). Then give them a dollar.</p>	<p>Leave a gas gift card at a gas pump</p>
<p>Throw a party to celebrate someone just for being who they are</p>	<p>Leave quarters at the laundromat</p>	<p>Leave a note on someone's car telling them how awesome they parked</p>
<p>Try to make sure every person in a group conversation feels included</p>	<p>Place a positive body image notes in jean pockets at a department store</p>	<p>Smile at five strangers</p>
<p>Set an alarm on your phone to go off at 3 different times during the day. In those moments, do something kind for someone else</p>	<p>Send a gratitude email to a coworker who deserves more recognition</p>	<p>Practice self-kindness and spend 30 minutes doing something you love today</p>
<p>Hold up positive signs for traffic</p>	<p>Buy a plant. Put it in a terracotta pot. Write positive words that describe a friend on the pot. Give it to that friend!</p>	<p>Have a clean up party at a park</p>
<p>While you're out, compliment a parent on how well-behaved their child is</p>	<p>Leave a kind server the biggest tip you can afford</p>	<p>Put 50 paper hearts in a box. On each 1 write something special about a friend. Give them the box.</p>
<p>Write your partner a list of things you love about them</p>	<p>Purchase extra dog or cat food and bring it to an animal shelter</p>	<p>Take muffins or cookies to your local librarians</p>

<p>Tape coins around a playground for kids to find</p>	<p>Put your phone away while in the company of others</p>	<p>When you hear that discouraging voice in your head, tell yourself something positive.</p>
<p>Hold a door open for someone</p>	<p>(Student) Make dinner for your family</p>	<p>Buy flowers to hand out</p>
<p>Write a letter to a soldier</p>	<p>Participate in a fundraiser</p>	<p>Use you allowance to donate to a charity</p>
<p>Do a favor without asking for anything in return.</p>	<p>Take someone new to your neighborhood on a tour of your city</p>	<p>Buy an ice-cream treat for a child</p>
<p>Learn to say, "Hello" in a different language to someone that speaks that language.</p>	<p>Pay for a strangers Library late fee.</p>	<p>If you play an instrument, perform a recital at a senior center</p>
<p>Save you pop tabs for children's hospital</p>	<p>Spend time with your grandparents.</p>	<p>Learn about your grandparents childhood memories</p>
<p>Make a family member breakfast in bed.</p>	<p>Pack someone a lunch for the day</p>	<p>Let someone else pick what to watch on TV</p>
<p>Take the day to not complain</p>	<p>Offer someone your pen</p>	<p>Write someone an encouraging poem</p>