2015 Kindness Challenge

☐ Compliment a stranger

☐ Donate to a local charity

☐ Pay it forward

☐ Clear out your closet & donate old clothes

☐ Thank a soldier for his/her service

☐ Talk to someone waiting in line with you

☐ Ask a stranger how his/her day is going

☐ Forgive & forget

☐ Remind your family how much you love them

☐ Make a new friend

☐ Recycle more

☐ Get back in touch with someone you miss

☐ Help someone up from a fall

☐ Organize a neighborhood garage sale

☐ Bake cookies for your coworkers

☐ Give someone a present "just because"

☐ Bond with someone from another background

☐ Walk more, drive less

☐ Buy coffee for a stressed out friend

☐ Shovel your neighbor's driveway & sidewalk

☐ Give a big tip at a restaurant

☐ Take a day to help those less fortunate

☐ Smile at someone who's feeling down

☐ Plant a tree

☐ Practice patience

☐ Speak out against an injustice

☐ Find a stray animal a new home

☐ Get to know your neighbors

☐ Help yourself or a friend quit smoking

☐ Be more open-minded

☐ Help a disabled person in need

☐ Invite a lonely friend to dinner

☐ Pick up litter

☐ Donate blood

☐ Become more involved in your community

☐ Volunteer your time at the local animal shelter

☐ Give a ride to someone who needs it

☐ Share an umbrella

☐ Buy lunch for a homeless person

☐ Brighten someone's day with a joke

☐ Learn about someone else's religion

☐ Hug a friend who could use it

☐ Lend a hand to an elderly person

☐ Praise a store clerk to their manager

☐ Be kind to someone you dislike

☐ Throw a surprise party

☐ Make a new coworker feel welcome

☐ Salt your neighbor's sidewalk

☐ Help a lost person find their way

☐ Thank a friend for always being there