

Leave an
awesome
tip

Call a loved
one

Thank the
crew at
work/school

Rake/shovel
for your
neighbor

Bring in
treats for
coworkers

leave a thank you
card for the mail
carrier

Donate to a
charity

Send cards
to a nursing
home

Pay for
someone's
coffee

Help with
shopping
bags/cart

Donate to
Toys for
Tots

Give a good
review

Make a layaway
payment for
someone

Leave
scarf/gloves at
the bus stop

chat with an
elderly
person

Leave snacks
at Hospitality
House

Compliment 5
people (and
mean it!)

Send a
postcard to
a sick kid

Let someone
cut in line

Feed the
homeless

Donate food to
the animal
shelter

Be patient! Tell
the cashier
"Good Job"

Leave \$5 in
library
books

Bring coffee to
the ER staff on
Christmas Eve

Unplug and be
present with
family/friends

